

Pattern of Subcutaneous Fat Distribution, Its Variation with Age Among Young Rajput Females of Pauri Garhwal, India

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ABSTRACT The pattern of fat distribution and the variations exhibited in the same with increase in age were studied amongst 216 young and healthy Rajput females of Pauri Garhwal, Uttar Pradesh. The subjects were between 12-25 years of age. Skinfold thickness values as a measure of adiposity do not signify any specific growth trend but put sufficient light on the distribution patterns of subcutaneous fat. Predictably, with puberty there is evidenced an increased tendency to gain fat.