

Study on Nutritional Status of Tea Garden Workers of Assam with Special Emphasis to Body Mass Index (BMI) and Central Obesity

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ABSTRACT A cross sectional study was done on 1014 (Male 511 and female 503) tea garden workers of Assam to assess their nutritional status in terms of Body Mass Index (BMI) and central obesity. Normal BMI was observed only in 33.63 percent workers (In males 42.27 percent and in females 24.85 percent). It was observed that BMI decreased with the increase in age in both the sexes which was statistically significant (male $F=3.33, P=0.019$ and female $F=7.82, P=0.000$). As per WHO classification grade-I thinness was detected in 31.31% males and 33.2% of females. 16.05% males and 17.69% females had grade-II thinness. Severe degree of malnutrition was observed in 16.96% of the study subjects (In males 9.98% and in females 24.06%). Though waist to hip ratio (WHR) was below normal in both the sexes yet in males it showed an increasing trend with the increase in age and the difference was statistically significant ($F=5.57, P=0.001$).

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