

Impact of Anaemia on Morpho-physiological Variables of Rural Jat Women

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ABSTRACT Anaemia is a major public health problem at all ages worldwide. The present study aimed to investigate impact of anaemia on various morpho-physiological variables of 300 aged and elderly Jat women (anaemic=274, non-anaemic =26), ranging in age from 40-70 years and residing in rural areas of Haryana. To assess the impact of anaemia, fourteen morpho-physiological variables (height, weight, waist circumference, hip circumference, biceps skinfold, triceps skinfold, supra-iliac skinfold, subscapular skinfold, calf skinfold, systolic blood pressure, diastolic blood pressure, pulse rate, right hand grip strength, left hand grip strength) were taken on each subject. Findings revealed that non-anaemic women showed better physical performance as compared to anaemic Jat women. Non-anaemic Jat women were taller and significantly heavier than anaemic women. Grip strength (both right and left hand), circumferential measurements and all skinfold thicknesses of non-anaemic subjects were found to have higher mean values than anaemic aged and elderly subjects. Blood pressure and pulse rate of anaemic women revealed higher mean values than non-anaemic women.