



Estimation of Nutritional Status by Body Indices in School-going Children of Bathinda, Punjab

Shyamal Koley and Itinder Kaur Mann

*Department of Sports Medicine and Physiotherapy, Guru Nanak Dev University,
Amritsar 143005, Punjab, India*

KEYWORDS Quetelet's Index. Oliver's Typologic Index. Lorenz's Constitutional Index. Muscle Index. School-going Children

ABSTRACT The present study deals with the estimation of the nutritional status using four body indices—Quetelet's Index, Oliver's Typologic Index, Lorenz's Constitutional Index and Muscle Index in randomly selected 300 school-going children (150 boys and 150 girls) of Bathinda, Punjab, aged between 11 to 15 years. A total of fourteen anthropometric characteristics, namely, height, weight, BMI, Quetelet's Index, ideal body weight, relative body weight, circumference of the upper arm during an isometric contraction, as well as in relaxed position of biceps brachii, Muscle Index, circumference of thorax, circumference of abdomen, Lorenz's Constitutional Index, shoulder width and Olivier's Typologic Index were measured for the subjects. The findings of the present study indicated that the school-going children of the above mentioned age groups (from 11 to 15 years) of Bathinda, Punjab, were under-nutritional as assessed by these body indices.