

## Height, Weight and BMI among Punjabi Males

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**ABSTRACT** Body Mass Index (BMI), weight and height of 1000 adult Punjabi males ranging in age from 17 to 30 years were investigated during 1999 to find out the deviations in BMI towards over nutrition and under nutrition. The present sample has mean values of weight, height and BMI as 66.75kg, 161.5cm and 22.70 respectively. According to WHO criteria of BMI, 4.8 percent of the present sample is underweight as compared to 14.1 percent which is overweight. About eighty percent of the sample is well saddled within normal ranges. Tendencies of the present sample belonging to middle and higher classes even at younger ages are towards overweight. The overweight tendencies have a linkage with obesity related disorders resulting in reduced health expectancy.