

Nutritional Anthropometry and Health Status: A Study Among Dhanka Tribals of Rajasthan

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ABSTRACT The study was undertaken to evaluate health status with the help of anthropometric measurements. It is based on cross-sectional sample of 360 adult Dhanka males and 340 adult Dhanka females of Rajasthan. Body measurements, which have direct bearing on health and nutritional status, like stature, body weight, upper-arm circumference, calf circumference, biceps skin fold thickness and triceps skin fold thickness were taken into consideration. All measurements showed an increasing trend up to the middle age followed by a decline. Circumferential measurements and skin fold thicknesses were found to be better predictor of body fat. A wide variation in skin fold thickness could be attributed to the varied health status, physical activity level and energy expenditure.