

A Study of Correlation between Intra-abdominal Fat and Lipid Profiles and Some Anthropometric Parameters in Vegetarian and Non-vegetarian Middle Aged Women of Jabalpur, Madhya Pradesh

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ABSTRACT In this cross-sectional study, forty seven randomly collected middle aged vegetarian (n=30) and non-vegetarian (n=17) women between the age group 40 - 60 years of Jabalpur, Madhya Pradesh, India, were included to measure height, weight, BMI, intra- abdominal fat, five skinfold measurements, viz. biceps, triceps, subscapular, suprailiac and abdominal and seven lipid profiles, viz. serum cholesterol, High Density Lipoprotein-C (HDL-C), Low Density Lipoprotein-C (LDL-C), Triglycerides, VLDL-C, Total Cholesterol : High Density Lipoprotein-C ratios and Low Density Lipoprotein - C : High Density Lipoprotein-C ratios. Results indicate statistically significant positive correlations between intra-abdominal fat, and weight and BMI for both vegetarian (r=0.32 and 0.34 respectively) and non-vegetarian (r= 0.48 and 0.63 respectively) middle aged women (P<0.01) also in biceps skinfold (r=0.43). In lipid profiles, negative correlations were observed between intra-abdominal fat and HDL-C both in vegetarian (r = -0.25) and non-vegetarian (r = - 0.17) middle aged women, though the differences were statistically non-significant.