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ascorbic acid, iron and calcium in each meal was assessed. Nutrient adequacy ratios (NAR) were calculated for each of 5 micro-nutrients( $\beta$ -carotene, folate, ascorbic acid, iron and calcium) and energy and protein. Mean nutrient adequacy ratio (MAR), was calculated as a measure of the adequacy of overall diet. The haemoglobin (Hb) level of subjects was determined. Mean and standard errors for various parameters studied were computed. Analysis of variance was employed and critical difference calculated.

**Results :** Forty percent of the subjects had their haemoglobin tested and only 3% reported deworming treatment in the last one year. The mean hemoglobin was  $10.5 \pm 1.18$  g dL<sup>-1</sup>. Eighty three percent of the subjects were anemic out of which 13 and 70% were mildly and moderately anemic. The overall adequacy of cereals, pulses, green leafy vegetables, roots and tubers, fruits, other vegetables, milk and milk products, sugars and fats & oils in the diets of farm women was 98, 54, 5, 63, 49, 16, 122, 141 and 216%, respectively. Of the 7 nutrients studied, calcium was found adequate while energy, protein, folate, ascorbic acid and iron were marginally adequate with nutrient adequacy ratios of 75-100%. Only  $\beta$ -carotene was marginally inadequate. The mean adequacy ratio was 83% which gives satisfactory picture of nutritional intake of the farm women. **Conclusion :** The overview of food consumption highlighted that the diets did not have much of high iron foods. Though the intake of most of the nutrients related to iron status of the farm women were marginally adequate, the hematological profile of the subjects as revealed by their hemoglobin levels showed the dismal condition of their iron status.

#### CN-27 (O)

##### **ANTHROPOMETRIC INDICES AS PREDICTIVE FACTOR FOR OBESITY AMONG FEMALE INDIGENOUS ADULT POPULATION OF PENINSULAR MALAYSIA**

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**Background :** Obesity is an urban phenomenon that has spread to the rural community at an alarming rate. The study assessed the prevalence of obesity mainly among female adult indigenous community of Peninsular Malaysia.

**Material and Methods :** A total of 222 female aboriginal adults (age  $\geq 19$  years) representing nine (9) villages from four districts of Perak region participated in the study. Demographic, socio- economic and education background were collected using validated, pre-tested questionnaire. Anthropometric measurements for height, weight, waist/hip circumference were taken. Body Mass Index (BMI) and Waist-to- hip ratio (WHR) were used as indices for measuring obesity.

**Results :** Based on the cut-off point for BMI by WHO for Asian population 22.5% (n=50) were overweight and 56.8% (n=126) were obese. The presence of abdominal obesity as measured by WHR reveals 68% of the aboriginal women to have abdominal obesity. The prevalence of obesity and overweight was visibly high among the middle age group (36- 50 years) with 59% and 8% respectively followed by the age group of 51 – 65 years with 24% and 10% for obesity and overweight. There was a marked decline in obesity after 65 years. Intake of starchy foods and physical inactivity contribute to the escalating overweight and obesity among the indigenous female adult population.

**Conclusion :** One in two women were found to be obese. Early intervention, proper dietary practices and increased physical activity have to be planned and implemented to curb this serious threat among the marginalized community.