

Variations in Relative Fatness and Regional Distribution of Body Fat at High Altitude and in Plains: A Study on Adult Females

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ABSTRACT To know the relative fatness and fat distribution pattern using body measurements in two different environmental setting, young adult females in plains and at high altitude were studied. The high altitude females were found to be lighter and leaner as compared with females in plains. The BMI was lower in high altitude females and they also displayed relatively upper body fat predominance. The high altitude females were found to store more fat centrally as compared with females in plains. This typical fat storage pattern could be providing them some advantage against their stressful environment.