

Body Mass Index in Young and Old Punjabi Females

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ABSTRACT BMI components between two groups of young (20-25) and old (50-60 years) Punjabi female have been made from a sample of 300 subjects (150 of each group) investigated during 1997. The mean of BMI of young and old females is 20.68 and 26.64, respectively. According to the WHO criteria, practically no subject is in overweight category in young sample compared to eighty percent of the old sample being overweight. The waist circumference in the old group of female has grown by a z-score of 5.05 over their young counterparts, followed by waist to hip ratio, triceps skinfold and hip circumference. Health implication of a higher BMI and intervention for weight reduction and avoidance of weight gain have been discussed.