

A Comparative Study on Anthropometry and Central Body Fat Distribution of Pre-menarcheal and Post-menarcheal Santal Girls of Jharkhand

Diptendu Chatterjee, Sudeshna Chanda and Arup Ratan Bandyopadhyay

*Department of Anthropology, University of Calcutta, 35, Ballygunge Circular Road,
Kolkata 700 019, West Bengal, India*

KEYWORDS Anthropometry; central body fat distribution; Santal girls; menarche

ABSTRACT The cross sectional study of 103 pre-menarcheal and post-menarcheal Santal girls was carried to investigate difference in General adiposity Body mass index (BMI), anthropometric variables and central body fat distribution (Waist-hip ratio and conicity index). The result showed that menarcheal girls had significantly greater values for mean height, weight, BMI, minimum waist circumference compared with pre-menarcheal girls. However, both groups had similar central body fat distribution, i.e., Waist hip ratio (WHR) and conicity index (CI). Attainment of menarche had significant effect on all anthropometric characteristics except the two central fat distribution (WHR and CI) indices.