

Anthropometric Status of Adolescent Girls of Rural India

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Abstract

A community based cross sectional study was carried out among adolescent girls in the age group of 10-19; the study was done on 1009 girls. Among study 85.2% are menarcheal girls and this study shows that girls experience highest menarche at age of 12 years, 16.3% girls suffers from CED I, This study shows that 4.1% girls belongs to CEDIII. It shows that 30.2% experience menarche at 12-12.9 years. The overall means, standard deviations of Height

Chest Circumference

Chest Circumference was measured at the level of nipple on the anterior aspect of the thorax which corresponded approximately to the fourth intercostal space. The fourth intercostal space is just inferior of the fourth costosternal joints; the measurement was made in horizontal plane by standing in front of subject but slightly to the side.

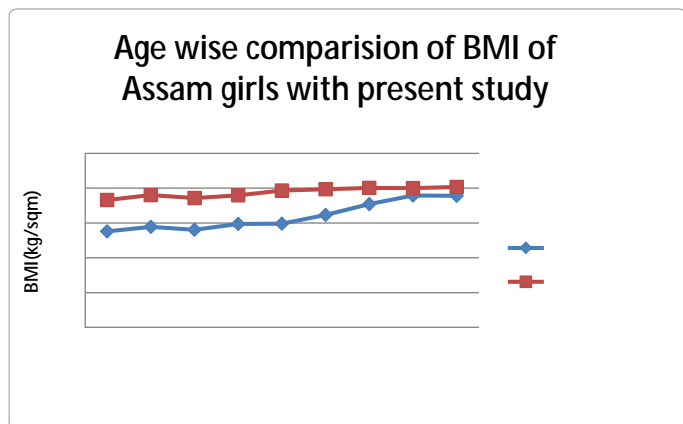
Mid Upper Arm Circumference

Waist Circumference is an index of deep adipose tissue and it is related to fat free mass, the subject stands erect with abdomen relaxed, the arms at sides and feet together.

Mid Lower Arm Circumference

Dependent variable	10 year (n=100) Mean (SD)	11 years (n=100) Mean (SD)	12 years (n=100) Mean (SD)	13 years (n=100) Mean (SD)	14 years (n=100) Mean (SD)	15 years (n=100) Mean (SD)	16 years (n=100) Mean (SD)	17 years (n=100) Mean (SD)	18 years (n=100) Mean (SD)	19 years (n=109) Mean (SD)	F
Height (cm)	146.01 (4.94)	148.07 (3.76)	149.82 (3.82)	150.44 (3.76)	151.53 (4.41)	152.18 (4.41)	152.48 (3.52)	152.80 (4.78)	153.15 (4.98)	153.55 (4.41)	33.28*
Weight (kg)	38.86 (4.65)	41.63 (5.29)	42.06 (4.25)	43.30 (4.09)	45.08 (4.03)	45.99 (3.92)	46.53 (4.45)	46.86 (3.63)	47.35 (4.45)	47.62 (3.64)	48.021*

Table 1: Anova table show age wise increase anthropometric variables of adolescent girls (n=1000) (Table 1) (J Tradit Med Clin Natur 6: 205) (Anova test) (J Tradit Med Clin Natur 6: 205)



Output	Wellens and Malina	Claessens et al.	Bhadra	Present study
Median	12.94	12.81	12	12.11
Mean	12.91	12.75	12.04	12
S D	1.25	1.16	1	1.37
10th Percentile	11.31	11.36	10.80	10
90th Percentile	14.48	14.11	13.40	14
Range	7.56-17.03	8.22-15.89	9.80-14.20	8-17

Table 6: Comparison of descriptive statistics for me narcheal age (retrospective method) of Bengali girls and reference girls.