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**Title :** Nutritional status and body fat of young children (12-36 months) from Mumbai City

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### **Introduction:**

Little data is available on body fat of young children and there is dearth of information on association between Nutritional status and body fat of children below 3 years of age therefore the present study estimated body fat, assessed nutritional status and examined their association on 1200 children in Mumbai City.

### **Methodology:**

Weight, Height and percent body fat were measured in 1200 children aged 12- 36 months; weight and height were measured using standard methods. Percent body fat was determined using BIA (Body stat- Quad scan 4000). Nutritional status (Z scores – weight for age, height for age, weight for height, BMI for age) was assessed using WHO Anthro software.

### **Results:**

Mean body fat for entire sample was (20.13 + 2.37s). Significant difference was found between males and females with males having slightly higher body fat than females. Age also influenced body fat significantly. Z score for weight for height, BMI for age and height for age showed significant association with percent body fat but no association was seen with WAZ.

### **Conclusion:**

Body fat of children in -2 to -3 SD category tends to have higher body fat than children in normal nutritional status category.

### **References:**

- World Health Organization WHO Anthro (version 3.2.2, January 2011)