



Title : A study on Anthropometric measurements, Nutritional status and Body Composition of the Night shift BPO executives

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Keywords: *Night shift, anthropometric measurements, nutritional status, body composition*

A study was taken up to assess the anthropometric measurements, nutritional status and body composition of fifty eight samples working in the night shift at a BPO. Twenty four hour dietary recall was used as a tool to assess the nutritional status while bioelectrical impedance was used to assess the body composition of the subjects in the study. The results of this study revealed that subjects have a poor nutritional status as compared to the RDA given by the ICMR, the anthropometric measurements showed that the males have a higher BMI than the females and so the males working in the night shift are obese, while the body composition showed that the males have a higher body fat and the skeletal muscles were observed to be low in the both the gender. Statistical analysis of the results showed that there is a very significant correlation between the anthropometric measurements and body composition of the subjects as evidenced by the pearson's correlation at 0.05 and 0.01 level of significance (2- tailed).