

ELEMENTS INFLUENCING BODY MASS INDEX

PURNIMA BAIDYA¹ & DEEPAK KUMAR SHRESTHA²

¹Lecturer, Central Department of Microbiology, Tribhuvan University, Kirtipur, Nepal

²Faculty member, Department of Pharmacy, School of Medical Sciences, Kathmandu, Nepal

ABSTRACT

The obesity pandemic is sweeping every age group. The aim of this study is to assess whether dietary and non-dietary habits are associated with increase BMI in male and female adults. In this study, dietary and different non-dietary parameters were randomly questionnaire to 50 non-vegetarian and 50 vegetarian participants along with measuring height and weight. Among the non-vegetarian, 21 participants were male and 29 were female. Same way from the 50 vegetarian 14 participants was male and 36 were female. Among the 21 male non-vegetarian (underweight: 3, normal: 16 and overweight: 2) whereas from 14 male vegetarian (normal: 12 and overweight: 2), similarly, among the 29 female non-vegetarian (underweight: 6, normal: 18, overweight: 4 and obese: 1) whereas from 36 female vegetarian (underweight: 7, normal: 23 and overweight: 6). In this study, mean BMI of non-vegetarian male (21.73 ± 2.23) and female (21.67 ± 3.74) and of vegetarian male (21.67 ± 1.90) and female (21.69 ± 3.17) was observed, dietary habits show considerably influences in the BMI values compare to non-dietary habits such as employment status. However, educational background to vegetarian BMI shows noteworthy difference ($p < 0.05$).

KEYWORDS: BMI, Non-Vegetarian, Normal, Obese, Overweight, Underweight, Vegetarian