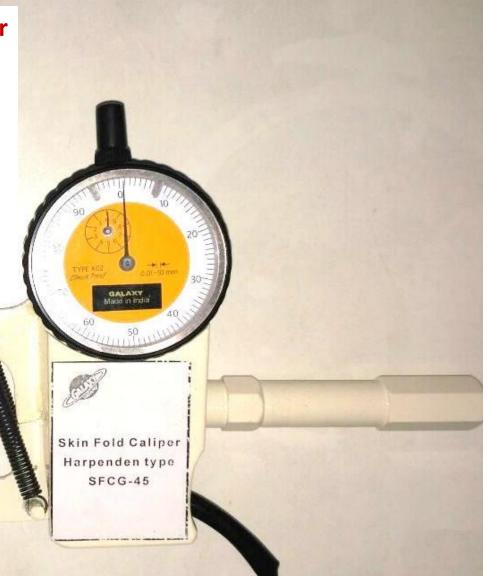
ASSESSMENT OF ADIPOSITY & ITS DISTRIBUTION USING ANTHROPOMETRIC MEASUREMENTS

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- Available data from epidemiological studies indicate that as compared to Caucasians Indian have higher body fat for a given BMI.
- The tendency for higher adiposity begins right from infancy and childhood.
- Both amount and distribution of the adipose tissue have been shown to influence the risk of cardiovascular diseases.
- This has led to increasing attention being paid to the assessment of fat mass and its distribution.
- Circumferential measurements (mid-arm circumference, waist and hip circumferences and waist hip ratio computation) are easy to take and provide excellent information about distribution of body fat.
- Measurement of fat fold thickness (triceps, biceps, supra-iliac and subscapular fat folds measured using Harpenden's calipers) provide excellent information for assessment of fat mass and its distribution.
- However fat fold thickness measurement requires a trained and skilled person and this has come in the way of widespread use of this relatively simple technique for assessment of fat mass.

MEASUREMENT OF FAT FOLD THICKNESS











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FFT measurement in a thin girl





Measurement of fat-fold thickness in adipose persons are difficult. Lifting the thick fat-fold off the underlying fascia does cause some pain Measurement of fat-fold thickness in older persons is easier because the fat-fold can easily be lifted off the underlying fascia.

The fat-fold should never be lifted off from below.

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