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Lean fat mass influence morbidity

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The BMI is an attempt to quantify the amount of tissue mass (muscle, fat and bone) in an individual, and then categorize that person as underweight, normal weight, overweight, or obese based on that value. The BMI is generally used as a means of correlation between groups related by general mass and can serve as a vague means of estimating adiposity. The duality of the BMI is that, while it is easy to use as a general calculation, it is limited as to how accurate and pertinent the data obtained from it can be. Generally, the index is suitable for recognizing trends within sedentary or overweight individuals because there is a smaller margin of error. The BMI has been used by the WHO as the standard for recording obesity statistics since the early 1980s. The study area considered was Salboni block which is 25 km away from Midnapore town. Total 1009 adolescent girls were considered for this study (10-19 years). Structured questionnaires were followed to know details of socio-economic status of studied adolescent and stature was also measured to the nearest 0.1 cm in bare feet with participants standing upright against a wall-mounted stadiometer. It was observed that FMI and BMI have weak correlation, among them, 24.4% were under nutrient based on BMI and 99.8% are undernutrition based on the percentage of body fat. Around 34.2% had low health status by assessing Rohrer index. According to ROC curve, 18.45 kg/m² was the obtained cut off value for this study. Malnutrition affects HIV transmission by increasing the risk of transmission from mother to child and also by increasing replication of the virus. In communities or areas that lack access to safe drinking water, these additional health risks present a critical problem. Lower energy and impaired function of the brain also represent the downward spiral of malnutrition as victims are less able to perform the tasks they need to in order to acquire food, earn an income, or complete their education.

Biography

Kankana De has completed her PhD from Vidyasagar University and has worked as a Counselor at Anwasha Clinic in Salboni Rural Hospital. She has completed four Post-graduate studies in Anthropology, Botany, Business Administration and Social Work. She is a Reviewer of *Journal of Social Science Research*. She has presented her work at the Vinod Gupta School of Management organized by Indian Institute of Technology, Kharagpur IIT, India; Vidyasagar University, Midnapore, India, etc. She has published six papers in reputed journals.

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