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Pattern and correlates of adult height in Sri Lanka; Abstract Sri Lanka
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Abstract : Background: Adult height is affected by genetic factors, nutritional status and the secular trend observed in many populations. There are no studies examining adult height among Sri Lankans. We aimed to determine patterns and correlates of height among adults in Sri Lanka. Methods: Data were available for height and socio- demographic factors from a nationally representative sample of 4477 Sri Lankans above 18 years from the Sri Lanka Diabetes and Cardiovascular Study. Data were analysed using SPSS. Mean height between groups were compared by students t-test. Results: Males were 39.5% and the mean age was 46.1 (SD 15.1) years. The mean height of all adults, males and females were 156.2cm (SD 8.9), 163.6cm (SD 6.9) and 151.4cm (SD 6.4) respectively ($p < 0.001$ males vs. females). The mean height showed a significant negative correlation with age ($p < 0.001$). The highest mean height in females 155.4 cm (SD 5.4) and males 163.4 cm (SD 8.7) were observed in the 18-19 year and 20-29 year age-groups respectively. Urban males were significantly taller than the rural (urban $164.6\text{cm} \pm 7.2$), rural $163.4\text{cm} \pm 6.8$, $p < 0.001$). This was not observed in females. Mean height correlated with the level of income ($p < 0.001$). Height showed a significant negative correlation with diabetes ($r = - 0.069$) Conclusions: There was a secular trend in adult height in Sri Lanka. Adult height is also associated with gender, family income and area of residence. The negative correlation of height with diabetes needs to be further studied.