

## SHORT COMMUNICATION

### Body Mass Index of the inhabitants of a purana village in Sri Lanka

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The population and methods used during a comprehensive biometric study of the inhabitants of Talkote, a purana village near Sigiriya carried out in 1989, have been described (1). The variation with gender and age on blood pressure of this population has been published (2).

This communication deals with Quetelet's Body Mass Index ( $BMI = W/H^2$ ) calculated from height (H) and weight (W) of 155 males and 140 females of the same population. The dates of birth for the children and age in years for the adults were recorded at the interview.

Table 1 shows the percentage of males and females falling within BMI ranges 13.5 – 14.9, 15.0 – 18.4, 18.5 – 20.0 and 21.0 – 25.0 according

to different age groups. The results indicate that 37% of adult males and 47% of adult females suffer from chronic dietary energy deficiency, if a BMI of 18.5 is taken as the cut-off point.

#### References

1. Wikramanayake Eugene R, Chandrasekera Malkanthi S. *A biometric study of Talkote village* – Technical report 1991. Colombo: Human settlement programme, Cultural Triangle Fund.
2. Wikramanayake E R, Chandrasekara M S, Sunil R M. Variation with sex and age of blood pressure in the inhabitants of a "Purana" village in Sri Lanka. *Ceylon Journal of Medical Science* 1991; 34(1): 7-13.

**Table 1 – Percentage of individuals in different ranges of BMI, according to age group**

| Age group<br>Years | Number |    | Range of Body Mass Index |     |           |     |           |     |           |     |         |     |
|--------------------|--------|----|--------------------------|-----|-----------|-----|-----------|-----|-----------|-----|---------|-----|
|                    | M      | F  | <13.5                    |     | 13.5-14.9 |     | 15.0-18.4 |     | 18.5-20.9 |     | 21.0-25 |     |
|                    |        |    | M                        | F   | M         | F   | M         | F   | M         | F   | M       | F   |
| 1 – 4.9            | 14     | 4  | 43%                      | 17% | 57%       | 17% |           | 67% |           |     |         |     |
| 5 – 9.9            | 34     | 15 | 35%                      | 50% | 47%       | 50% | 18%       |     |           |     |         |     |
| 10 – 13.9          | 15     | 21 | 27%                      | 10% | 4%        | 24% | 33%       | 57% |           | 10% |         |     |
| 14 – 18.9          | 12     | 9  |                          |     |           |     | 75%       | 33% | 17%       | 56% | 8%      | 11% |
| 19 – 30.9          | 35     | 46 |                          | 3%  |           | 5%  | 24%       | 46% | 61%       | 38% | 15%     | 18% |
| 31 – 40.9          | 23     | 22 | 4%                       | 5%  |           | 5%  | 30%       | 41% | 48%       | 21% | 17%     | 23% |
| 41 – 50.9          | 8      | 7  |                          |     |           |     | 50%       | 57% | 38%       | 29% | 13%     | 14% |
| 51 – 60.9          | 4      | 8  |                          |     |           | 13% | 75%       | 50% | 25%       | 38% |         |     |
| 61 – 70.9          | 9      | 2  |                          |     |           |     | 66%       |     | 22%       | 50% | 11%     | 50% |
| 71 – 90            | 1      | 6  |                          |     |           |     |           | 50% | 100%      | 50% |         |     |
| All adults         |        |    |                          |     |           |     |           |     |           |     |         |     |
| 19 – 90            | 80     | 90 | 1%                       | 2%  |           | 5%  | 36%       | 45% | 49%       | 31% | 14%     | 17% |

M – Male

F – Female

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