

Nutritional Status and Blood Pressure of the Muttock Community of Naharsaku Village, Dibrugarh District, Assam

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Abstract—Nutritional status is the fundamental indicator of the overall health status of a person. Similarly, blood pressure is also a matter of health concern more particularly among the aged. Health is man's important and precious possession. The purpose of the study is to assess the nutritional status and blood pressure of adult Muttock population in terms of few selected anthropometric and physiological measurements. Effect of bio-social factors like income, education and family size on their nutritional status and blood pressure has also been presented. The study is carried out in the Naharsaku village of Dibrugarh district, Assam. Data has been collected from 366 adult individuals comprising 175 males and 161 females with ages ranging from 20 to 59 years. Written consents from the village headman as well as respondents were obtained prior to the data collection. Cut off points provided by WHO and few standard references are considered to assess the nutritional status based on various anthropometric measurements. Cut-off recommendation of JNC VII (2003) is used to categorized the blood pressure of the respondents. Concentration of overweight individuals according to BMI is found to be relatively more in in the males (25.14%) than the females (22.98%). The distribution of underweight individual is also common among males (20.57%) than the females (16.77%). Higher frequency in the occurrence of hypertension is also found among the males (44.57%) than the females (38.57%), whereas the situation is reversed in case of prehypertension (male: 21.71%; female: 28.57%). Double burden of both underweight and overweight is observed in the present studied population group which is a matter of concern for their balanced health status.

Keywords: Nutrition. Blood Pressure. Adult Individual. Muttock community. Dibrugarh. Assam.