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A correlation of mid-thigh circumference to individual height, body weight and body mass index in adult Igbo people of Nigeria

Grace Umahi-Ottah
Ebonyi State University, Nigeria

Mid-Thigh Circumference (MTC), individual height, body weight and Body Mass Index (BMI) have been adopted as vital means of predicting the health and nutritional status of individuals. A total number of 600 male and female subjects whose age-range falls within 12 years to 70 years from Ezza, Izzi, Ikwo and Ngbo communities of Ebonyi State were included in the study. They were born, bred and live in their respective communities. Their MTC and stature measurements were taken using standard anthropometric instruments like anthropometric rod, spreading caliper and measuring steel tape in centimeters in nearest millimeter (0.1 cm) while their body weight was measured with measuring scale. Their BMI was subsequently calculated. The study shows the mean values of the parameters for Ikwo, Ngbo, Izzi and Ezza subjects as follows: Height 163.49 cm, 163.18 cm, 161.49 cm and 155.63 cm respectively; Body Weight 63.04 kg, 71.08 kg, 61.48 kg and 57.51 kg respectively; MTC 18.86 cm, 19.77 cm, 18.86 cm and 18.45 cm respectively and BMI 23.76, 26.75, 24.05 and 23.86 respectively. The MTC generally correlated better with body weight and BMI than height. This is useful in medical and nutritional counseling and for reference purposes.

graciaumahi@yahoo.co.uk