

## Nutritional Status of Adult Bodo Women of North Guwahati Area, Assam

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**Abstract:** The present study makes an attempt to examine the nutritional status of the adult Bodo women of the North Guwahati area of Kamrup (Rural) district, Assam in order to understand whether there is any relation between socioeconomic and lifestyle factors with the nutritional status of the studied (18-59 years age group) Bodo women. The study participants were classified into three age groups of 18-32 years, 33-45 years, and 46-59 years to observe the variation in the nutritional status by age. The purposive sampling method was used to select participants of the sample size of 250 women.

Nutritional status of the participants was assessed using Body-mass-index (BMI), Waist-to-hip-ratio (WHR), Waist-to-height-ratio (WHtR), and Mid-upper-arm-circumference (MUAC). Physical Activity (PA) level and Dietary Diversity Score (DDS) of the participants were assessed using standard protocol.

The result shows that undernourishment is prevalent in the younger ages, and overweight and obesity in the older ages. Age is found to be positively associated with body-mass-index, waist-to-hip-ratio, waist-to-height-ratio, waist circumference (WC), and mid-upper-arm circumference. On the other hand, physical activity is negatively associated with age, suggesting that physical activity decreases with age. Dietary Diversity Score shows positive and significant association with only waist circumference. Among the variables used in the study, only age and marital status appear to have an influence on the nutritional status of the adult Bodo women.

*Key Words:* Nutritional status; Bodo Tribe; North Guwahati; Assam