**Original article:**

**A study on health status of Medical students based on their BMI and abdominal circumference**

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**Abstract:**

**Introduction :** Obesity is an important predisposing factor for many cardiac & hepatic ailments. In view of underlying risk associated, present study was undertaken to assess the incidence of obesity in the MBBS students so as to identify the susceptible population.

**Material & Methods :** Study consists of 52 adult Females and 31 adult males between the age group of 17- 25 years medical students. BMI was calculated from height & weight as per standard formula (BMI = weight in kg/ height in meter2. Abdominal circumference was measured at umbilicus region by measuring tape.

**Results :** BMI analysis of young medical students showed that 17.3 % of female students and 32.2 % of male students were found to have their BMI in the obesity range . Abdominal circumference (Abd Cmf) analysis of obese students showed that only 19.2 % Female & and 9.7% Male students carried both generalized obesity as well as central obesity.

**Conclusion :** There is a fairly high incidence of obesity among medical students. This is high time to emphasize upon medical students having raised BMI coupled with central obesity, to change their life style in order to prevent the development of metabolic syndrome/ its associated disorders in their future life.

**Key words :** BMI , abdominal circumference