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Presentation · September 2016
DOI: 10.13140/RG.2.2.18010.13769

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Correlation between anthropometric measures and quality of life in obese persons

Ram Kumar Gupta, Abhishek Bharadwaj, Shirley Telles and Acharya Balkrishna
Patanjali Research Foundation, Haridwar, India

Background: The relationship between anthropometric measures such as waist circumference (WC), hip circumference (HC), and body mass index (BMI) were correlated with the quality of life (QOL) in obese persons.

Materials and Methods: Seventy-four participants with ages ranging between 21 and 59 years (group mean age ± S.D., 42.8 ± 11.0 years) participated in the trial. They were attending a 1-week, residential program on yoga for the promotion of positive health. Participants' WC, HC, W/H, BMI and QOL (Moorehead-Ardelt Quality of Life Questionnaire II) were assessed one day before the residential program began.

Results: The Quality of Life was found to be significantly correlated with anthropometric variables (Pearson correlation coefficient; α = .05). The total QOL showed a negative correlation with HC (P<0.05) and a trend of negative relation with WC (P=0.048; one tailed) and BMI (P=0.049; one tailed).

Conclusions: Central and peripheral adiposity and BMI possibly negatively impact the quality of life in persons who are obese. While this has been shown earlier to our knowledge this is the first trial in a north Indian population.

Keywords: Quality of life, WC, HC, W/H