



**NATIONAL NUTRITION MONITORING BUREAU**

*(Technical Report No. 6)*

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**REPORT FOR THE YEAR 1979**

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**NATIONAL INSTITUTE OF NUTRITION  
Indian Council of Medical Research  
Hyderabad-500 007.**

1980



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**SECTION - I**  
**DIETARY AND NUTRITIONAL STATUS OF**  
**POPULATION IN DIFFERENT STATES**

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ERRATA

Page-15, Table-2. Add after Orissa

West Bengal Cooch-Bihar<sup>+</sup> Howrah<sup>+</sup> Murshidabad\* Bankura\*

Page-18, Table-6(B): Read N as 75 Instead of 69 for Gujarat

Table-6(C): Read P C for West Bengal as 58.8 Instead of 58.0

Page-19, Table-6(D): Read P C as 21.4 instead of 21.3 for Kerala and

P C as 36.7 instead of 37.7 for Madhya Pradesh

Table-6(E): Read N, P C, P C & P C for Uttar Pradesh as

104, 13.5, 18.3, 68.2 instead of 112, 12.5, 17.0 and 70.5

respectively.

Page-52, Table-49(A) : Read N as 136 instead of 138 for Gujarat.

P C be read as 13.5, 35.9 and 38.7 for Kerala, Maharashtra and Orissa instead of 13.4, 35.8 and 38.6 respectively.

Table-49(B): Read P C as 70.7 and 41.3 for Karnataka and Andhra Pradesh instead of 70.6 and 42.3 respectively.

In keeping with the aims and objectives of the National Nutrition Monitoring Bureau (Plan of Operation, NNMB - 1972), the Central Reference Laboratory at National Institute of Nutrition, Hyderabad and Ten Regional Units of the Bureau, one each in the states of Kerala, Tamil Nadu, Karnataka, Andhra Pradesh, Maharashtra, Gujarat, Madhya Pradesh, Orissa, West Bengal and Uttar Pradesh, continued to collect data on dietary and nutritional status from representative segments of different population groups. Since the inception in 1972, the Bureau covered a total of 26,055 households under diet surveys and examined 1,62,837 individuals for clinical and anthropometric status till the end of December, 1979. Of the total sample of households covered, 19,632 were from rural areas, and the remaining 8,423 were from urban localities. The sampling procedure adopted in the selection of the households is presented under the section "sampling procedures" of this report.

#### COVERAGE IN 1979

During the period under report (January to December, 1979), a total 4,609 households were covered under diet surveys and 31,566 subjects were examined for nutritional status. Urban-rural distribution of households covered in different states is presented in Table 1. The names of the districts and the period during which these were covered are presented in Table 2. In some of the states, due to certain practical and administrative difficulties like unapproachability of the villages, absence of the staff members,

breakdown of transport etc., some of the selected districts remained either uncovered or partially covered. The results presented here, pertain, to 3.533 rural houses covered for diet and nutrition surveys in ten states. The data pertaining to urban sample is in the process of analysis.

Section I of the report deals with results of analysis of data according to states, while in Section II, district-wise food and nutrient intakes according to daily per capita income groups have been provided.

In the present report, attempts have also been made to provide the results of the analysis of the data accumulated during the period 1975-1978. The following aspects have been covered for this purpose.

1. Mean Intakes of Nutrients according to age, sex and physiological status.
2. Mean Intakes of Nutrients according to land ownership.
3. Mean Intakes of Nutrients according to crops raised.
4. Mean Intakes of Nutrients according to occupation of Head of the family.
5. Mean Intakes of Nutrients according to social class.
6. Mean Intakes of Nutrients according to possession of cattle:

#### SAMPLING PROCEDURES

The main object of statistical sampling is to obtain a representative sample of the population from each state, so that

the data collected regarding the dietary intake and nutritional status should closely reflect the situation as it exists in the population. A total of 500 rural households each year in each of the States are covered. Out of the 500 households, in 400 households family, food intake is assessed by one day Weighment (of raw food) method, while in the remaining 100 households, dietary intakes of all the individuals are assessed through oral questionnaire (24 hour recall) method of diet survey.

#### Selection of districts;

Since a State cannot be considered to be a homogenous group. it has therefore been decided to cover all districts Within each State over a period of time. As there will be marked variations even between districts, the districts are stratified into four developmental categories, based on the following district level information.

- a) Total foodgrains produced per year (making corrections for rural to urban ratio, within each district).
- b) Proportion of area under food crops to total irrigated area.
- c) Proportion of agriculturists to the total number engaged in agriculture (i.e. agriculturists + agricultural labourers).

In each of these three criteria it is assumed that higher the value, higher is the district in the developmental scale. Hence, for each of the criteria, the district with the highest value, is given rank one while the district with the lowest value is given the last rank. After assigning ranks from these three

criteria, for each district, the following procedure will be adopted:

- a) The average rank for all three criteria put together for each district will be obtained;
- b) The districts will be grouped into 4 categories: A, B, C and D based upon the average ranks.

The theoretically obtainable maximum average rank value will be divided into 4 equally spaced groups so that four quartiles are obtained.

#### Example

If the maximum average value is 20, the following four quartiles are obtained:

1st Quartile	-	1 to 5
2nd Quartile	-	6 to 10
3rd Quartile	-	11 to 15
4th Quartile	-	16 and above

Those districts with ranks between 1 and 5 will be grouped as A; between 6 and 10 as B; between 11 and 15 as C and 16 and above as D.

In each of these four categories, one district is selected for study every year, by random sampling procedure. By this procedure, it is expected that all the districts in a State will be covered within 3 to 6 years depending upon the total number of districts in the State. Once all the districts are covered, the

second round of survey will start.

Number of households In each district

This is determined by using the following Information:

- a) Per cent rural population in each selected district to the total rural population of the State.
- b) Contribution of each selected district to the total percentage of rural population as obtained in (a).

Example :

If district (A) has 100,000 rural population and the State has 1000,000 rural population, the district's contribution will be 10%. If four districts are selected, whose combined contribution comes to 25% of total rural population of the State, then in the district (A)  $10/25 \times 500$  households will be covered i.e. 200 (since it has been decided that 500 households will be covered in the State).

As the above mentioned procedure of determination of number of households to be surveyed in each district was found to result in a few instances in inadequate number of households, it was decided in 1979 that uniformly 125 households should be surveyed by the teams in each selected district. In the report, no corrections were carried out in the pooling of these data collected from different districts.

Selection of villages:

For this purpose, all the villages in each district will be



classified into the following three categories, using 1961 district census handbook.

Population below 1000

Population between 1000 - 3000

Population with 3000 and more.

Having obtained this classification, the total population in each of the three categories of villages will be estimated. The total number of households to be covered in the district will be distributed among these categories of villages according to the proportion of their respective population. The villages will be selected using systematic sampling procedure within each category. The number of households to be covered in each of the three categories of villages has been fixed as 5, 10 and 20 respectively.

Example:

Population in village	Below 1000 (A)	1000-3000 (B)	3000 (C)
Number of villages	100	90	10
Average population per village	500	2,000	5,000
Total population in each category	50,000	180,000	50,000

The proportion of households to be covered in each category of village will, therefore, be 5 :18 : 5. If in this particular district, calculations show that 140 households will have to be

covered, then 25 households in A, 90 households in B and 25 households in C will have to be covered. Thus, the number of villages to be selected in categories A, B and C will work out to 5, 9 and 2 villages respectively, out of 100, 90 and 10 villages in that district.

Having fixed 5 out of 100 villages in category A, the selection of villages will be done as follows:

- (a) Prepare a list of all these 100 villages (frame).
- (b) 5 out of 100 villages will be 1 in 20.
- (c) Select a random number between 1 and 20 eg: 4.
- (d) Village number 4 has been selected.
- (e) Go on progressing adding 20 to 4 eg: 24, 44, 64 and 84 etc.

Villages with these numbers will be selected.

The same procedure will be adopted for the other two categories of villages also.

#### Selection of households within a village

In the selection of the households within each village, it is ensured that the proper representation is given to the different segments of the population e.g. Harijans, artisans, landless, labourers, small or medium land owners and Well to do group. The selection of the households from these categories will be done by the team on the spot by random sampling after consultation With the village head.

## Results

### Income status :

Table-2 (A) presents the percentage coverage of total households according to Income Category. About 35% of the households surveyed during the year 1979 had an income of less than a rupee per person per day. While 36% belonged to the income category of Rs. 1-2 per capita per day, the coverage of households in higher income categories of Rs.2-5 and more than Rs.5 was 23% and 6% respectively. The coverage of households by income categories over the years remained similar.

### Pattern of Food & Nutrient Consumption

#### Foodstuffs:

The average daily consumption of foodstuffs (grams) per consumption unit (CU) are presented in Table 3.

#### Cereals & Millets

In all the states, cereals and millets formed the bulk of the dietaries and their average consumption ranged from 390 to 655 g per CU per day. Inter state comparisons revealed that the maximum consumption (655 g) was seen in Orissa, followed by the States of Karnataka (634 g) , Andhra Pradesh (591 g) , Tamil Nadu (563 g) , West Bengal (534 g) , Maharashtra (503 g), Madhya Pradesh (470 g), Uttar Pradesh (461 g) , Gujarat (413 g) and Kerala (389 g) in descending order.

However, for all the 10 states surveyed, the average consump-

tion of cereals and millets per day per CU was of the order of 522 gm.

#### Pulses:

The maximum consumption of different pulses was seen in the state of Tamil Nadu (59 gm) , followed by Orissa (52 gm) , Madhya Pradesh (50 gm) , Uttar Pradesh (44 gm) , Karnataka (40 gm), Gujarat (34 gm), Maharashtra (33 gm) , Andhra Pradesh (24 gm) , West Bengal (23 gm) and Kerala (14 gm). For all the ten states, the average consumption was about 37 gm per CU per day.

#### Leafy vegetables;

The consumption of leafy vegetables was found to be very low in almost all the states. The mean values ranged from 28 gms in the state of West Bengal to less than 1 gm in the state of Gujarat.

#### Other vegetables & Roots & Tubers:

Other vegetables and Roots and Tubers form the bulk of consumption of vegetables in the dietaries of these rural families.

#### Nuts & Oilseeds ;

The consumption of nuts and oil seeds was found to be maximum in the state of Kerala (53 gm) While in all the other states, it was less than 10 gms. This consumption of 53 gm of nuts and oil seeds in Kerala was predominantly contributed by the consumption of coconut.

#### Fruits & Flesh Foods;

The consumption of flesh foods was found to be maximum in

the state of Kerala (37 gm) while in all the other states, the wean values were found to be less than 15 gm. Fruit consumption including ripe tomato was found to be very low in all the states.

#### Milk:

The maximum intakes of milk was seen in the state of Gujarat (267 ml) followed by the states of Karnataka, Andhra Pradesh (121), Madhya Pradesh (103), Tamil Nadu (66), Maharashtra (62), Kerala (57), Uttar Pradesh (52), West Bengal (30) and Orissa (19).

#### Fats and oils; Sugar and Jaggery:

The maximum consumption levels of fats and oils and sugar and jaggery were also seen in the state of Gujarat, where milk consumption was found to be the highest.

It may be mentioned here that, in general, the dietaries of the rural families were predominantly cereal and millet based along with small amounts of pulses being consumed with very low consumption levels of protective foods like fruits, flesh foods and leafy vegetables. Though the amount of milk consumed was net very low, still there is large scope for improvement in the consumption of milk in Indian dietaries.

#### Nutrients

Average nutrient intakes (per CU per day) calculated from the family diet survey data in different states are provided in Table 4.

The appropriate calorie coefficients were used (see appendix) for the analysis of data collected by Weighment diet surveys. These are suggested by ICMR Nutrition Expert Committees for different age, sex, activity and physiological groups. It may be mentioned here that these coefficients are mainly expected to be used for calories only. However, in the absence of such information for other nutrients, the same weightages have been used for the other nutrients as well.

#### Proteins:

In all the states, except Kerala, the average intake of protein was found to be above the recommended level of 55 g. The maximum average consumption (72 g) was found in Karnataka and minimum (46 g) in Kerala, while the rest of the states fell in between this range.

#### Calories (Kcal):

The average calorie consumption, in different States varied from 2783 in Orissa to 1983 in Uttar Pradesh. The average intake was found to be above the recommended level (2400) in the states of Orissa (2783), Karnataka (2751), Andhra Pradesh (2600) and Tamil Nadu (2534), while the states of Gujarat (2327), Maharashtra (2282), Madhya Pradesh (2705), West Bengal (2177), Kerala (2019) and Uttar Pradesh (1983) exhibit mean intakes below the recommended level of 2400 per CU per day.

#### Minerals and Vitamins:

##### Calcium:

The mean intakes of calcium ranged from 322 mg in West Bengal

to 1183 mg in Karnataka. The mean intakes corresponded to recommended allowances of 400-500 mg in all the states except in West Bengal (322 mg) and Uttar Pradesh (337 mg).

#### Iron:

In almost all the states surveyed the mean intake/CU of Iron was equal to or more than the recommended level of 20 mg per day.

#### Vitamin A:

In none of the states surveyed the dietaries contained adequate levels (750/ $\mu$ g per CU) of vitamin A. The lowest mean level of consumption was seen in Kerala (137 $\mu$ g) and the highest level of 415  $\mu$ g found in dietaries of Andhra Pradesh. In other states, the consumption levels fell between the values obtained in these two states.

#### Thiamine:

The highest mean intake (2.3 mg) was seen in Karnataka and the lowest (0.5 mg) in Kerala. Mean intakes in Karnataka (2.3 mg), Gujarat (1.9 mg), Uttar Pradesh (1.7 mg), Madhya Pradesh (1.6 mg), Tamil Nadu (1.5 mg), Maharashtra (1.4 mg) were above the daily recommended intake level of 1.2 mg, while in other states the mean levels were below the recommended level.

#### Riboflavin:

The mean riboflavin intake was found to correspond with the recommended level of 1.3 mg only in the state of Gujarat while in all the other states it was below that level.

### PROTEIN-CALORIE ADEQUACY

#### At Household level:

Intake of protein and calorie at the household level are expressed as intakes per CU. These figures represent the mean intake (per unit) at the household level.

To determine the adequacy or otherwise of intakes of protein and calories the following procedure was used:

Households wherein the intakes of protein and calories fell below the Mean - 2 SE of the recommended allowances, were considered as inadequate. All the households were, thus, classified into different categories of protein-calorie adequacy and inadequacy.

The distribution of the households according to protein-calorie adequacy is presented in Table 5. The proportion of households consuming inadequate amounts of protein and calories showed marked variations between states. The highest proportion of such households was seen in Kerala (41.0%) and the lowest (8.9%) in Karnataka. In all the states put together about 19% of households consumed diets which provided inadequate amounts of these two nutrients. The proportion of households whose diets provided adequate calories, without providing adequate protein was quite small (1.2%). Considering all the states together, 58% of the total households fell into the category of households consuming adequate amounts of protein and calories. The percent of households consuming inadequate amounts of protein was found to be lower (20%) than those which consumed inadequate calories (41%). The number of households with calorie



inadequacy was quite high in Uttar Pradesh (65%), followed by Karala (54%), Madhya Pradesh (51%), Maharashtra (48%), West Bengal (43%), Gujarat (41%), Tamil Nadu (32%), Orissa (26%) and Andhra Pradesh (23%).

At individual level:

Using data obtained through oral questionnaire method of diet survey, which provide information on the consumption of nutrients by individuals in a family, individuals (belonging to all age groups) were classified into four different categories of adequacy and inadequacy of proteins and calories. Mean - 2SD of the recommended levels (of corresponding age and sex) were used as cut-off levels for adequacy of calories. The results are presented in Table 6.

The percent of individuals consuming inadequate calories and proteins within the families surveyed ranged from 4% in Karnataka to 32% in Kerala. On the other hand, the percent of those consuming adequate calories and protein varied from 26% in Kerala to 72% in Karnataka. The overall percent of individuals consuming inadequate calories was more than those consuming inadequate amount of protein.

The above picture gives the pooled results at the community level which includes children to adults of different physiological status. These data demonstrate that the problem of calorie inadequacy is relatively of greater magnitude than that of protein and protein inadequacy was invariably associated with calorie inadequacy.

The report also presents the extent of protein-calorie adequacy/inadequacy according to age, sex and physiological status (Tables-6 A-F).

TABLE 1

NNMB-COVERAGE DURING THE YEAR 1979.

15

State	Number of households for diet survey				Total	Individuals covered for nutritional assessment
	Rural		Urban			
	Weighment	Oral	Weighment	Oral		
Kerala	360	90	40	88	578	2823
Tamil Nadu	292	73	30	20	415	3094
Karnataka	404	101	120	78	703	5039
Andhra Pradesh	268	67	120	80	535	4678
Maharashtra	372	93	60	40	565	3335
Gujarat	264	66	120	80	530	3385
Madhya Pradesh	117	30	90	60	297	1610
Orissa	271	6V	60	40	435	2342
West Bengal	113	28	60	40	241	1592
Uttar Pradesh	368	92	30	20	510	3668
Total	2829	704	730	546	809	31566

TABLE 2

NNMB-RURAL-DISTRICTS SURVEYED DURING THE YEAR 1979.

	Developmental Category			
	D	C	B	A
	January -March	April-June	July-September	October-December
Kerala	Alleppey	Mallapuram	Kottayam	Paighat
Tamil Nadu	Dharamapuri	Madurai	Tirunelveli	Thanjavur <sup>+</sup>
Karnataka	Chitradurga	Belgaum	Coorg	Tumkur
Andhra Pradesh	East Godavari	Khammam	Adilabad <sup>+</sup>	Nellore
Maharashtra	Thana	Satara	Nanded	Bhandara
Gujarat	Kutch	Jamnagar	Surendranagar	Banaskantha
Madhya Pradesh	Balaghat	Rewa <sup>+</sup>	Shajapur	Durg <sup>+</sup>
Orissa	Cuttack <sup>+</sup>	Bolangir	Ganjam	Sudargarh
Uttar Pradesh	Azamgarh	Unnao	Ballia	Gonda

+ Not covered

\* Partially covered

TABLE - 2 (A)

NNMB - COVERAGE (%) OF HOUSEHOLDS ACCORDING TO DAILY PER CAPITA INCOME

Year	Income category			
	Less than Rs. 1	Rs. 1-2	Rs. 2-5	Rs. 5 & more
1975	41.6	32.2	20.9	5.3
1976	33.4	34.3	25.2	7.1
1977	32.3	34.5	26.2	7.0
1978	33.2	31.7	25.5	9.6
1979	35.0	35.5	23.3	6.2

TABLE 3  
NNMB-RURAL-AVERAGE INTAKE OF FOODSTUFF ( g./cu/day)-1979.

	Total cereals & Millets	Pulses	Leafy vegetables	Other vegetables	Roots & tubers	Nuts & Oil seeds	Condiments & Spices	Fruits	Flesh foods	Other Food. foods.	Milk	Fat & Oil	SUGAR & JUC. CORR.
Kerala	389	14	4	57	93	53	13	3	37	1	57	4	23
Tamil Nadu	563	59	4	72	22	9	25	24	3	8	66	13	16
Karnataka	634	40	7	52	26	8	21	6	1	2	121	10	35
Andhra Pradesh	591	24	26	38	39	1	26	15	15	7	121	16	-
Maharashtra	503	33	10	61	23	3	12	29	11	3	61	13	-
Gujarat	413	34	*	35	65	2	4	10	1	*	267	28	48
Madhya Pradesh	470	50	5	52	41	1	10	6	*	0	103	16	7
Orissa	655	52	23	77	77	2	13	13	12	5	19	11	10
West Bengal	534	23	28	84	51	1	4	7	7	2	30	8	12
Uttar Pradesh	464	44	18	54	75	0	3	13	3	2	52	2	14
Average	522	37	13	58	51	8	13	13	9	3	50	12	23

Consumption less than one krem.

TABLE 4  
NNMB-RURAL-AVERAGE INTAKE OF NUTRIENTS (Cu/day) - 7999.

State	Proteins (g)	Calories (Kcal)	Calcium (mg)	Iron (mg)	Vitamin A (µg) (Retinol)	Thiamine (mg)	Riboflavin (mg)	Nicotinic acid (mg)	Vit. B12 (µg)
Kerala	46.1	2019	467	20.2	137	0.54	0.60	10.8	43
Tamil Nadu	67.0	2534	758	34.9	221	1.51	0.95	14.1	38
Karnataka	71.7	2751	1183	42.3	270	2.28	1.19	15.5	30
Andhra Pradesh	64.7	2600	692	32.6	415	1.05	0.78	15.2	41
Maharashtra	61.5	2282	445	30.1	241	1.42	0.61	16.0	39
Gujarat	67.0	2327	698	27.8	312	1.87	1.41	14.9	31
Madhya Pradesh	61.0	2205	428	27.1	193	1.55	0.91	16.1	30
Orissa	68.3	2783	434	32.8	304	1.02	0.75	17.2	55
West Bengal	55.1	2177	322	26.9	314	1.08	0.76	15.8	53
Uttar Pradesh	61.4	1983	337	28.2	295	1.71	0.98	16.1	42
Average	62.4	2366	576	30.3	270	1.47	0.90	15.5	40
Recommended Intake (ICMR-1968)	55.0	2400	400-500	20.0	750	1.20	1.30	16.0	50

TABLE 5  
NNMB-RURAL-PERCENT DISTRIBUTION OF HOUSEHOLDS ACCORDING TO PROTEIN-CALORIE INADEQUACY-1979.

STATE	No. of Households covered	P C - -	P C - +	P C + -	P C + +	F -	F +
Kerala	361	41.0	5.0	13.3	40.7	46.0	54.3
Tamil Nadu	292	13.7	1.0	18.2	67.1	14.7	31.9
Karnataka	403	8.9	0.3	16.1	74.7	9.0	25.0
Andhra Pradesh	268	10.4	1.1	12.7	75.8	11.5	23.1
Maharashtra	371	21.6	0.3	24.5	53.6	21.9	46.1
Gujarat	263	15.2	0.8	25.5	58.5	10.0	40.7
Madhya Pradesh	117	23.1	1.7	28.2	47.0	20.1	51.3
Orissa	268	16.0	0.7	9.0	73.5	14.1	25.8
West Bengal	113	26.5	0.0	10.8	56.7	10.5	43.3
Uttar Pradesh	362	13.5	1.1	51.7	33.7	14.4	65.2
Average		19.1	1.2	21.6	58.3	20.3	40.7

TABLE-6  
 NNMB - PROTEIN CALORIE ADEQUACY - INDIVIDUALS  
 (1979)

17

State	N	P C	P C	P C	P C
Karala	431	31.6	1.6	40.4	26.4
Tamil Nadu	352	5.1	-	31.0	63.9
Karnataka	661	3.9	-	23.8	72.3
Andhra Pradesh	305	8.2	-	27.2	64.6
Maharashtra	504	11.1	-	40.5	48.4
Gujarat	274	4.7	-	29.6	65.7
Madhya Pradesh	205	23.4	-	38.5	38.1
Orisaa	340	14.1	-	22.4	63.5
Wast Bengal	158	14.6	-	55.1	30.4
Uttar Pradesh	515	15.9	0.2	37.9	46.0

TABLE - 6 (A)

NNMB - PROTEIN CALORIE ADEQUACY IN CHILDREN (1-4 years)  
 (1979)

State	N	P C - +	P C - +	P C + -	P C + +
Kerala	33	39.4	-	51.5	9.1
Tamil Nadu	61	9.8	-	44.3	45.9
Karnataka	78	16.7	-	42.3	41.0
Andhra Pradesh	42	9.5	-	42.9	47.6
Maharashtra	47	17.0	-	44.7	38.3
Cujarat	28	7.1	-	32.1	60.7
Madhya Pradash	26	15.4	-	38.5	46.1
Orisaa	17	17.6	-	41.2	41.2
West Bengal	20	10.0	-	70.0	20.0
Uttar Pradesh	77	26.0	-	57.1	16.9

TABLE - 6 (B)

NNMB - PROTEIN CALORIE ADEQUACY IN CHILDREN (4-13 years)  
(1979)

State	N	P C - -	P C - +	P C + -	P C + +
Kerala	131	35.1	0.8	48.8	15.3
Tamil Nadu	117	2.6	-	46.7	51.2
Karnataka	227	0.9	-	30.8	68.3
Andhra Pradesh	98	3.1	-	42.8	54.1
Maharashtra	176	6.3	-	50.0	43.7
Gujarat	69	2.9	-	58.0	39.1
Madhya Pradesh	68	22.1	-	45.6	32.3
Orissa	96	14.6	-	24.0	61.4
West Bengal	54	16.7	-	63.0	20.3
Utter Pradesh	146	16.4	0.7	59.6	23.3

TABLE - 6 (C)

NNMB - PROTEIN CALORIE ADEQUACY IN CHILDREN (13-18 years)  
(1979)

State	N	P C - -	P C - +	P C + -	P C + +
Kerala	51	49.0	2.0	37.2	11.8
Tamil Nadu	17	-	-	29.4	70.6
Karnataka	42	7.1	-	31.0	61.9
Andhra Pradesh	16	25.0	-	43.8	31.2
Maharashtra	33	12.1	-	48.5	39.4
Gujarat	22	9.1	-	18.2	72.7
Madhya Pradesh	14	28.6	-	35.7	35.7
Orissa	41	24.4	-	22.0	53.6
West Bengal	17	11.8	-	58.0	29.4
Utter Pradesh	28	17.9	-	57.1	25.0

TABLE - 6 (D)

NNMB - PROTEIN CALORIE ADEQUACY - ADULT MALES

(1979)

i

State	N	P C	P C	P C	P C
Kerala	89	21.3	2.2	39.3	37.1
Tamil Nadu	76	3.9	-	11.8	84.2
Karnataka	157	1.3	-	18.5	80.2
Andhra Pradesh	70	10.0	-	12.9	77.1
Maharashtra	116	13.8	-	30.2	56.0
Gujarat	70	7.1	-	17.1	75.7
Madhya Pradesh	49	24.5	-	38.8	37.7
Orissa	96	10.4	-	29.2	60.4
West Bengal	32	3.1	-	60.0	46.9
Uttar Pradesh	125	9.6	-	19.2	71.2

TABLE - 6 (C)

NNMB - PROTEIN CALORIE ADEQUACY - ADULT FEMALE (NPNL)

(1979)

State	N	P C	P C	P C	P C
Kerala	119	23.5	2.5	31.1	42.9
Tamil Nadu	60	-	-	16.7	83.3
Karnataka	127	2.4	-	5.5	92.1
Andhra Pradesh	82	5.8	-	1.9	92.3
Maharashtra	103	8.7	-	28.2	63.1
Gujarat	64	-	-	17.2	82.8
Madhya Pradesh	40	27.6	-	27.5	45.0
Orissa	86	12.8	-	9.3	77.9
West Bengal	22	18.2	-	36.4	45.4
Uttar Pradesh	112	12.5	-	17.0	70.6

TABAL-6 (F)

NNMB - PROTEIN CALORIE ADEQUACY - LACTATING

(1979)

State	N	P C	P C	P C	P C
Kerala	7	71.4	-	28.6	-
Tamil Nadu	21	28.6	-	19.0	52.4
Karnataka	28	10.7	-	17.9	71.4
Andhra Pradesh	24	16.7	-	25.0	58.3
Maharashtra	28	25.0	-	53.6	21.4
Gujarat	18	11.1	-	22.2	66.7
Madhya Pradesh	7	28.6	-	28.6	42.9
Orissa	3	-	-	33.3	66.7
West Bengal	12	41.7	-	33.3	25.0
Uttar Pradesh	27	25.9	-	18.5	55.6

## NUTRITIONAL STATUS

Of the total 31,566 subjects examined during the year 1979 for the presence of nutritional deficiency signs, 646 were infants (below 1 year), 3,719 pre-schooler children (1-5 years), 6,865 were children between the ages of 5 and 12 years and the rest belonged to 12 to 21 years and above 21 years (adults) age group.

### Clinical Signs:

The state-wise prevalence figures of different, nutritional deficiency signs by age groups are provided in Tables 7-13.

The pattern of nutritional deficiency signs, in general, was found to be similar to that observed earlier. The most commonly observed deficiency signs were, Protein Energy malnutrition (PEM), deficiencies of vitamin A and B group. The signs suggestive of PEM were seen more frequently in children under 5 years of age, while those of vitamin deficiencies in older children beyond the age of 5 years with a peak prevalence seen in the age group 5-12 years.

### PCM

Clinical cases of marasmus/emaciation and kwashiorkor were seen in all the states. In general, the prevalence of marasmus/emaciation was more than that of kwashiorkor, percent prevalence figures of which ranged from 0 to 0.7.

### Vitamin deficiency signs;

Prevalence of ocular signs of vitamin A deficiency like

conjunctival xerosis and Bitot spots and oral lesions of B-complex deficiency such as angular stomatitis, glossitis etc., showed wide variations and were seen in all the states. The highest prevalence of vitamin A deficiency (8.9%) was seen in the state of Orissa whereas the maximum prevalence of B-complex deficiency signs was observed in the state of Karnataka (8.3%) in children of preschool age.

#### Dental caries;

Dental caries, though cannot be considered as a nutritional deficiency sign, its 'epidemiological' relationship to the quality of habitually consumed diet by the population, is well known. Its prevalence was seen in all the states.

#### ANTHROPOMETRY

Tables 14 to 23 provide the means and standard deviations of four body measurements viz. height, weight, arm circumference and fat fold at triceps according to age and sex. In general, the values for various measurements were lower as compared to those observed on well-to-do Indian children. However, the growth pattern observed in the states surveyed was similar to that reported in earlier studies. Some abnormal values in standard deviation (S.D.) or anthropometric profile in general, are mainly due to data transfer errors (which have been identified). However, such instances being, few the computer output of the results is presented as such. " \*\*\* in c.V." indicates that the S.D. is larger than the mean.



Prevalence of under nutrition in preschool children by weight-for-age criterion:

Weight for age profile of preschool children has often been used to assess the quantum of malnutrition in a community. Using the criterion (Gomez's classification), the children (1-5 years) surveyed were classified into four different nutritional grades and their state-wise distribution is provided in Tables-24 to 26.

On the average about 78% of preschool age children were found to suffer from 'mild' to 'moderate' degree of growth retardation while about 8% were found to fall in the category of 'severe' degree of growth retardation. The remaining 14% were found to have 'normal' body weights for age (equal to or more than 90% of standard weight for age). However, in general, girls seemed to fare better than boys in their growth status.

TABLE 7  
 NNMB-PERCENTAGE PREVALENCE OF DEFICIENCY SIGNS  
 INFANTS

State	Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maharashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh
Number	28	99	116	85	96	64	15	21	32	90
NAD	100.0	93.9	95.7	97.6	90.5	96.9	100.0	100.0	96.9	93.3
Oedema	--	--	--	--	--	--	--	--	--	--
Emaciation	--	--	2.6	2.4	1.0	--	--	--	--	--
Marasmus	--	3.0	0.9	--	--	3.1	--	--	--	--
Two or more signs of PEM	--	--	--	--	1.0	--	--	--	--	--
Conj. xerosis	--	--	--	--	--	--	--	--	--	--
Bitot's spot	--	--	--	--	--	--	--	--	--	--
Total vitamin 'A' deficiency	--	--	--	--	--	--	--	--	--	--
Angular Stomatitis	--	--	--	--	--	--	--	--	--	1.1
Other B-Complex Deficiency	--	--	--	--	--	--	--	--	--	--
Total B-Complex Deficiency	--	--	--	--	--	--	--	--	--	--
Caries	--	--	--	--	--	--	--	--	--	--

TABLE 8  
 NNMB-PERCENTAGE PREVALENCE OF DEFICIENCY SIGNS  
 PRESCHOOL CHILDREN

State	Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maharashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh
Number	244	401	666	491	458	312	114	214	209	592
NAD	98.4	83.0	81.8	79.8	86.7	66.0	97.4	75.7	82.8	86.5
Oedema	--	0.2	--	--	0.2	0.3	--	--	--	0.7
Emaciation	0.4	3.2	2.9	0.4	0.9	--	--	--	3.3	--
Marasmus	--	--	0.2	2.6	0.2	12.2	0.9	0.9	--	0.7
Two or more signs of PEM	--	--	0.3	0.2	1.5	0.3	--	--	--	--
Conj. Xerosis	--	0.7	--	1.2	--	0.6	--	7.5	1.4	0.8
Bitot's spots	--	2.2	1.1	0.8	--	--	0.9	1.4	1.0	--
Total vitamin 'A' deficiency	--	2.9	1.1	2.0	--	0.6	0.9	8.9	2.4	0.8
Angular Stomatitis	0.8	--	8.3	5.3	1.1	0.6	--	3.3	4.8	1.9
Other B-Complex deficiency	--	--	--	--	--	--	--	--	--	--
Total B-Complex deficiency	0.8	--	8.3	5.3	1.1	0.6	--	3.3	4.8	1.9
Caries	--	1.0	2.4	1.6	1.1	0.3	--	2.8	1.9	0.2

TABLE 9

NNMB-PERCENTAGE PREVALENCE OF DEFICIENCY SIGNS  
5-12 YEARS

24

State	Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maharashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh
Number	462	597	1036	755	782	474	175	367	275	722
WAD	93.4	63.5	69.9	60.3	76.2	65.4	92.6	51.2	70.9	77.4
Oedema	--	--	--	--	0.1	--	--	--	--	--
Emaciation	--	--	--	--	--	0.2	--	0.5	1.5	--
Marasmus	--	--	--	--	--	2.1	--	--	--	--
Two or more signs of PEM	--	--	--	--	--	0.2	--	--	--	--
Conj. Xerosis	1.0	1.7	0.5	3.0	0.1	7.0	--	4.4	4.4	3.7
Bitot's spots	0.8	3.0	2.6	1.1	0.9	1.3	4.0	0.3	2.9	3.0
Total Vitamin 'A' deficiency	1.8	4.7	3.1	4.1	1.0	8.3	4.0	4.7	7.3	6.7
Angular Stomatitis	1.0	11.4	12.4	11.6	5.0	4.9	1.7	12.8	5.5	3.2
Other B-Complex deficiency	--	--	--	--	--	--	--	--	--	--
Total B-Complex deficiency	1.0	11.4	12.4	11.6	5.0	4.9	1.7	12.8	5.5	3.2
Caries	2.5	6.5	7.7	10.9	8.8	3.6	0.6	11.7	7.6	2.5

TABLE 10

NNMB-PERCENTAGE PREVALENCE OF DEFICIENCY SIGNS  
12-21 YEARS MALES

State	Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maharashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh
Number	323	278	612	351	405	301	73	190	128	607
WAD	87.6	73.0	80.9	75.6	84.0	76.1	93.1	71.1	84.4	81.2
Conj. Xerosis	5.3	--	--	1.7	0.2	4.7	--	1.1	--	1.8
Bitot's spots	1.5	2.9	1.9	0.6	0.7	--	5.6	--	--	1.3
Total vitamin 'A' deficiency	6.8	2.9	1.9	2.3	0.9	4.7	5.5	1.1	--	3.1
Angular Stomatitis	3.1	4.7	6.2	6.8	2.7	2.7	1.4	9.5	0.8	2.1
Other B-complex deficiency	--	--	--	--	--	--	--	--	--	--
Total B-complex deficiency	3.1	4.7	6.2	6.8	2.7	2.7	1.4	9.5	0.8	2.1
Caries	2.2	4.7	3.3	3.4	4.0	7.0	--	6.3	3.9	2.6

TABLE 11

NNMB-PERCENTAGE PREVALENCE OF DEFICIENCY SIGNS  
12-21 YEARS FEMALES.

25

State	Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maharashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh
Number	246	274	395	361	305	204	79	226	118	169
NAD	95.1	75.9	82.5	72.8	88.2	76.4	98.7	59.3	85.6	81.6
Conj. Xerosis	0.4	1.1	--	1.4	--	2.4	--	--	--	0.6
Bitot's spots	--	1.5	1.0	0.8	1.0	1.0	--	--	--	--
Total vitamin 'A' deficiency	0.4	2.6	1.0	2.2	1.0	3.4	--	--	--	0.6
Angular Stomatitis	1.2	4.0	4.6	6.1	1.0	0.5	--	7.1	4.2	0.6
Other B-complex deficiency	--	--	--	--	--	--	--	--	--	--
Total B-complex deficiency	1.2	4.0	4.6	6.1	1.0	0.5	--	7.1	4.2	0.6
Caries	2.0	4.4	1.7	5.8	3.3	2.9	1.3	5.3	4.2	--

TABLE 12

NNMB-PERCENTAGE PREVALENCE OF DEFICIENCY SIGNS  
IN ADULT (21 YEARS AND ABOVE) - MALES

State	Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maharashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh
Number	375	475	793	475	618	392	186	454	209	572
NAD	93.6	83.1	89.9	72.4	77.2	82.4	90.9	80.6	75.6	77.6
Conj. xerosis	--	--	--	0.2	--	0.6	--	--	--	--
Bitot's spots	0.3	0.6	0.3	0.6	--	0.2	3.2	--	--	0.5
Total vitamin 'A' deficiency	0.3	0.6	0.3	0.8	--	1.0	3.2	--	--	0.5
Angular stomatitis	0.5	0.4	1.1	6.1	1.0	1.0	--	3.3	1.9	0.3
Other B-complex deficiency	--	--	--	--	--	--	--	--	--	--
Total B-complex deficiency	0.5	0.4	1.1	6.1	--	1.0	--	3.3	1.9	0.3
Caries	5.6	2.3	0.6	2.3	10.5	6.9	3.2	4.4	14.3	0.7

TABLE 13

NNMB-PERCENTAGE PREVALENCE OF DEFICIENCY SIGNS  
IN ADULT (21 YEARS AND ABOVE) FEMALES

State	Kerala	Tamil Nadu	Karnataka	Andhra Pradesh	Maharashtra	Gujarat	Madhya Pradesh	Orissa	West Bengal	Uttar Pradesh
Number	655	474	761	506	649	408	200	443	205	540
NAD	95.7	58.9	57.9	53.6	53.3	59.8	91.5	42.0	65.8	58.1
Conj. xerosis	0.2	--	--	0.4	--	1.5	--	0.2	--	--
Bitot's spots	--	0.2	0.1	0.6	0.2	--	1.5	--	--	--
Total vitamin 'A' deficiency	0.2	0.2	0.1	1.0	0.2	1.5	1.5	0.2	--	--
Angular stomatitis	0.2	2.1	1.2	4.5	0.3	0.2	0.5	4.3	2.9	0.4
Other B-complex deficiency	--	--	--	--	--	--	--	--	--	--
Total B-complex deficiency	0.2	2.1	1.2	4.5	0.3	0.2	0.5	4.3	2.9	0.4
Caries	2.6	4.6	0.1	7.9	6.6	3.7	1.5	11.1	21.0	--

TABLE-14 (A)

NHMB - KERALA - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (MALES) - 1979

26

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	63.65	5.58	8.77	6.23	0.48	7.74	12.39	1.16	9.39	9.75	2.41	24.70	16
01	72.24	5.67	7.85	8.56	0.96	10.11	12.90	1.30	10.07	9.85	2.27	22.99	27
02	81.75	4.07	4.97	10.11	0.62	6.18	13.19	0.86	6.50	9.50	1.89	19.89	36
03	89.62	7.54	8.51	11.19	0.79	7.09	13.32	1.10	8.26	9.81	1.91	19.45	32
04	94.47	5.82	6.16	12.90	1.02	7.94	13.65	1.04	7.60	9.35	2.46	26.32	46
05	102.02	7.86	7.70	14.23	1.02	7.20	13.86	1.10	7.91	8.39	1.68	20.00	36
06	106.75	4.90	4.59	15.62	1.41	9.05	13.93	0.81	5.83	7.74	1.77	22.86	31
07	111.82	8.14	7.28	16.47	1.70	7.25	14.10	1.39	9.86	7.75	2.08	26.78	36
08	118.94	7.60	6.39	20.64	3.22	15.60	15.98	4.32	27.04	8.07	2.84	35.26	41
09	121.15	5.60	4.62	19.89	1.22	6.13	14.98	1.00	6.70	7.43	1.94	26.06	37
10	125.95	5.28	4.19	22.27	1.29	5.78	15.43	0.98	6.36	6.89	1.96	28.81	49
11	127.01	5.06	3.98	22.55	1.20	5.39	15.66	1.27	8.12	7.14	1.96	27.47	37
12	131.68	6.38	4.62	24.59	1.46	5.95	16.25	1.34	8.24	7.09	1.91	26.92	69
13	136.11	5.94	4.07	26.73	1.95	7.31	16.83	1.52	9.64	7.54	2.44	32.42	71
14	144.61	7.70	5.33	31.48	2.68	8.93	17.86	1.71	9.60	7.06	2.22	31.38	62
15	144.85	8.22	5.68	31.51	2.86	9.09	18.09	1.88	10.40	7.70	2.30	25.94	37
16	153.57	7.86	5.12	38.55	2.84	7.37	19.89	2.24	11.27	6.77	2.41	35.53	26
17	160.62	6.39	3.97	44.72	2.65	5.92	21.57	1.47	6.82	7.73	2.86	37.08	22
18	163.85	4.59	2.80	47.78	1.51	5.15	22.08	1.87	8.46	8.31	2.93	35.23	13
19	160.48	8.61	5.37	44.01	3.10	7.44	21.67	1.95	9.02	7.92	3.34	42.27	12
20-24	163.57	7.56	4.62	48.93	2.96	6.05	22.95	1.96	8.55	7.27	2.54	34.93	75
25-29	164.02	6.07	3.70	50.45	3.22	6.38	23.62	1.77	7.51	7.04	2.39	33.97	51
30-34	161.88	5.80	3.58	50.49	3.96	7.85	23.68	2.33	9.85	7.91	3.51	44.95	37
35-39	160.31	6.74	4.20	49.41	3.79	7.66	23.59	2.63	11.16	7.50	3.71	49.48	34
40-44	160.62	6.40	3.98	49.04	2.98	6.67	23.49	2.26	9.61	7.94	3.60	45.30	33
45-49	160.60	6.06	3.77	46.56	3.59	7.72	22.67	2.32	10.25	7.11	3.01	42.31	37
50-54	159.55	6.17	3.87	47.81	4.48	9.37	22.76	2.24	9.86	7.40	3.26	44.12	35
55-59	160.76	5.03	3.13	48.25	3.35	6.93	23.23	2.24	9.62	8.09	3.07	37.89	33
≥60	160.84	6.67	4.15	49.30	4.28	8.67	22.97	2.54	11.04	8.06	3.54	43.88	50

TABLE-14 (B)

NHMB - KERALA - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (FEMALES) - 1979

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	63.11	6.09	9.63	6.79	1.20	17.61	12.70	1.25	9.81	9.42	1.44	15.33	12
01	71.47	5.07	7.10	7.92	1.33	16.84	12.67	0.95	7.54	10.33	1.88	18.20	27
02	81.40	4.57	5.61	9.53	1.50	15.71	12.92	1.06	8.22	9.59	1.30	13.52	29
03	87.25	6.28	7.20	11.23	1.57	14.02	13.42	0.94	7.03	10.38	1.96	18.92	32
04	93.15	5.47	5.87	12.51	1.19	9.49	13.75	1.22	8.44	10.24	1.74	16.98	25
05	100.44	5.27	5.25	14.04	1.67	11.88	13.69	1.19	8.70	8.74	1.93	22.07	34
06	106.51	7.15	6.71	15.71	2.49	15.83	14.12	1.14	8.05	8.86	2.25	25.36	29
07	108.36	5.68	5.24	15.80	2.13	13.48	14.04	1.52	10.84	8.25	1.60	19.41	28
08	115.92	5.77	4.98	18.80	2.46	13.08	14.92	1.22	8.19	8.17	1.82	23.30	30
09	119.36	5.92	4.96	20.20	2.58	12.77	15.30	1.04	6.79	8.22	2.67	32.41	27
10	122.78	7.65	6.23	21.23	3.19	15.02	15.52	1.19	7.69	8.40	1.98	23.63	40
11	128.75	8.36	6.26	24.41	4.15	17.00	16.59	1.51	9.76	8.56	2.14	24.97	27
12	133.88	8.96	6.69	25.96	4.20	16.18	16.54	1.36	8.24	8.24	1.80	21.85	37
13	139.95	7.18	5.13	29.86	4.87	16.32	17.64	1.62	9.17	8.33	1.97	22.82	27
14	146.07	9.39	6.22	35.06	6.96	19.84	19.00	2.03	10.68	9.20	2.35	25.60	30
15	147.40	7.18	4.87	37.64	6.27	16.66	19.88	1.88	9.44	9.41	2.87	30.51	29
16	146.75	5.73	3.91	38.98	5.95	15.26	20.37	2.22	10.91	10.90	3.23	29.67	29
17	147.81	7.30	4.94	40.74	5.07	12.45	20.53	1.39	6.77	12.06	2.28	18.88	17
18	150.10	5.99	3.99	41.65	5.02	12.06	20.99	1.57	7.50	10.17	2.73	26.82	35
19	151.21	5.24	3.49	44.02	4.47	10.16	21.54	1.54	7.14	12.50	3.38	27.06	18
20-24	149.80	5.59	3.73	43.40	5.69	13.12	21.61	2.13	9.07	10.48	3.67	34.61	129
25-29	149.58	5.71	3.82	43.03	6.06	14.09	21.51	2.06	9.60	10.94	4.18	36.21	111
30-34	146.91	5.89	3.95	42.12	6.76	16.04	21.87	2.30	10.55	10.56	4.52	42.84	70
35-39	148.77	5.40	3.63	42.41	7.35	17.33	21.40	2.36	10.97	10.33	4.30	41.65	87
40-44	147.36	5.67	3.85	42.84	10.06	23.48	22.02	3.11	14.13	11.50	5.71	49.69	62
45-49	146.65	6.84	4.66	42.15	8.39	19.91	21.20	2.62	12.38	10.31	4.90	46.51	54
50-54	146.20	5.44	3.72	41.99	7.85	18.70	21.95	2.81	12.80	11.72	4.84	41.27	61
55-59	146.85	6.66	4.53	39.72	6.94	17.48	21.20	1.92	9.07	9.71	3.59	37.00	35
≥60	145.18	5.93	4.08	38.92	6.89	17.70	20.46	2.12	10.14	9.24	3.25	35.25	67

TOTAL NUMBER OF RECORDS IN THE STATE = 9183

TABLE-15 (A)

NNMB - TAMIL NADU - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (MALES) - 1979

27

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	63.37	6.95	10.81	6.39	0.86	13.42	11.21	1.55	13.82	9.37	2.73	30.22	46
01	71.05	3.95	5.56	9.07	3.41	37.61	11.57	1.09	9.45	8.58	2.33	27.20	36
02	79.56	4.10	5.16	9.49	0.63	6.60	11.86	1.39	11.69	8.42	2.24	26.59	40
03	86.81	5.56	6.41	11.11	0.89	7.98	12.73	1.11	8.73	9.87	2.14	21.64	60
04	93.70	5.23	5.58	12.65	0.86	6.80	12.99	0.91	7.03	9.43	2.58	27.39	67
05	100.87	4.74	4.70	14.06	0.86	6.10	15.00	0.88	6.74	7.79	2.18	27.95	43
06	108.30	7.02	6.48	16.33	1.04	6.34	13.64	0.80	5.84	7.47	2.14	27.64	38
07	109.41	9.67	8.84	16.52	1.20	7.28	13.63	0.94	6.93	7.43	2.34	31.46	60
08	113.98	7.40	6.49	17.75	1.53	8.62	13.71	0.87	6.37	6.70	1.35	20.17	73
09	118.24	5.93	5.01	19.38	1.43	7.36	14.23	1.14	8.03	6.22	1.23	19.74	64
10	124.40	6.63	5.33	21.78	1.53	7.01	14.62	0.96	6.58	5.92	1.54	26.05	61
11	128.85	7.31	5.67	23.18	1.73	7.46	14.79	1.00	6.79	6.02	1.71	27.45	47
12	133.71	7.22	5.40	25.09	2.19	8.74	15.23	1.20	7.97	5.98	1.60	26.81	62
13	139.27	6.11	4.39	28.60	1.90	6.65	15.93	1.07	6.71	6.98	1.48	24.38	50
14	144.92	7.78	5.36	31.40	2.88	9.17	16.77	1.49	8.90	6.17	1.47	23.74	35
15	146.65	5.70	3.89	32.52	1.77	5.44	18.73	0.64	46.33	5.80	1.22	21.12	25
16	154.01	6.73	4.32	39.88	2.65	6.64	18.72	1.70	9.10	6.29	1.95	31.04	31
17	162.58	4.97	3.06	46.04	1.48	3.22	20.05	1.04	5.19	6.08	1.24	20.34	12
18	161.22	5.52	3.43	45.92	2.30	5.01	20.58	1.44	7.00	6.40	1.64	25.55	20
19	161.16	5.18	3.21	46.93	2.52	5.36	20.74	1.65	7.96	6.52	2.23	34.14	21
20-24	163.74	6.24	3.81	49.42	2.49	5.03	21.37	1.51	7.08	6.35	2.41	44.27	88
25-29	164.06	6.98	3.71	52.18	3.17	6.07	22.33	1.61	7.19	7.17	3.30	45.96	76
30-34	162.14	7.93	4.89	51.44	3.53	6.26	22.02	2.13	9.67	6.91	7.76	54.36	57
35-39	163.34	5.89	3.61	52.15	4.32	8.28	22.24	2.32	10.44	8.38	5.74	68.42	73
40-44	162.32	7.75	4.77	53.77	4.18	7.70	22.42	2.31	10.30	8.63	5.01	57.01	62
45-49	163.70	7.42	4.54	50.46	4.70	9.32	21.65	2.26	10.44	7.00	3.80	54.32	62
50-54	160.95	5.69	3.54	51.81	3.32	6.41	22.02	2.30	10.43	8.95	4.77	53.22	22
55-59	162.62	5.68	3.49	50.40	2.88	5.71	21.68	1.98	9.11	7.24	2.62	36.27	21
>=60	160.58	4.81	2.99	47.57	2.61	5.40	21.04	1.71	8.11	8.16	2.75	33.74	37

TABLE-15 (B)

NNMB - TAMIL NADU - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (FEMALES) - 1979

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
01	72.79	84.30	.....	6.75	8.56	.....	10.74	2.03	18.94	10.16	10.31	.....	51
02	79.10	8.62	12.48	9.02	8.70	96.43	11.02	1.34	12.15	7.89	2.04	25.90	32
03	78.14	5.35	6.85	9.03	1.50	16.65	11.82	1.43	12.06	9.58	2.76	28.75	53
04	84.56	6.24	7.38	10.65	1.84	17.25	12.68	1.86	14.71	10.05	2.75	27.32	56
05	91.32	6.85	7.50	11.91	1.80	15.12	12.60	1.00	7.95	9.31	2.54	27.23	54
06	98.59	6.95	6.95	13.92	2.15	15.43	13.26	1.02	7.72	8.64	2.06	23.84	33
07	103.96	6.60	6.35	15.70	4.75	30.23	13.93	2.42	17.49	12.36	19.57	.....	14
08	109.72	6.39	5.83	16.54	2.77	16.77	13.58	0.97	7.12	7.19	2.03	20.20	43
09	114.84	6.47	5.64	17.68	2.38	13.45	13.93	0.97	6.95	7.40	1.70	22.92	42
10	119.06	5.35	4.49	19.34	2.39	12.37	14.25	1.61	11.30	6.82	1.57	23.03	33
11	124.26	4.75	3.83	21.89	2.05	9.35	15.23	1.15	7.53	7.60	2.29	30.12	43
12	130.26	5.91	4.53	24.26	3.36	13.87	15.63	1.36	8.68	7.69	2.29	29.73	35
13	134.56	7.71	5.73	27.26	5.63	20.65	16.23	1.72	10.62	8.29	4.75	57.27	48
14	141.04	6.65	4.72	30.99	5.11	16.57	17.16	1.61	9.38	7.80	2.30	20.43	30
15	147.54	6.66	4.51	36.34	5.24	14.42	18.15	2.04	11.33	9.82	3.58	36.48	39
16	148.11	5.81	3.92	37.56	6.01	16.00	18.60	1.57	8.42	10.85	3.92	37.11	26
17	150.13	4.40	2.93	39.98	4.32	10.81	19.65	1.39	7.06	11.23	4.20	37.34	30
18	151.04	4.29	2.84	41.34	3.96	9.34	20.00	1.16	5.90	10.90	2.63	24.16	20
19	151.57	4.60	3.04	42.76	4.98	11.65	20.14	1.38	6.84	11.44	4.55	39.78	32
20-24	153.10	6.12	4.07	44.76	5.20	11.63	20.71	1.75	8.47	11.68	3.65	31.26	19
25-29	151.85	5.49	3.61	43.50	5.66	13.07	20.05	1.57	7.85	11.15	4.77	42.35	110
30-34	151.48	6.22	4.11	43.97	6.54	14.89	20.37	1.84	9.14	10.95	5.81	43.04	92
35-39	151.67	5.38	3.54	43.78	6.66	15.22	20.62	2.17	10.53	11.25	6.19	55.00	77
40-44	151.51	5.22	3.44	44.43	8.73	18.00	20.75	2.67	12.89	12.66	7.53	59.50	61
45-49	151.48	5.69	3.76	45.15	8.37	18.54	20.93	2.08	9.94	12.83	6.82	53.21	52
50-54	146.52	24.18	16.50	42.05	7.69	18.28	20.24	2.52	12.44	11.12	5.96	53.61	33
55-59	150.22	5.14	3.42	40.50	6.37	15.72	19.77	2.01	10.16	10.00	4.10	40.97	24
>=60	151.34	6.37	4.21	47.45	11.36	23.94	21.58	3.65	16.89	14.14	9.29	65.66	21
>=60	149.37	7.23	4.84	40.31	7.72	19.16	19.77	2.23	11.29	10.47	4.63	44.21	32

TOTAL NUMBER OF RECORDS IN THE STATE = 11403

TABLE-16 (A)

NNMB - KARNATAKA - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (MALES) - 1979

28

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	61.90	6.27	10.13	6.23	0.84	13.41	12.89	1.61	12.45	7.55	2.26	29.93	62
01	72.67	5.68	7.82	8.00	0.76	9.50	13.14	1.19	9.09	6.73	1.73	25.71	74
02	81.12	5.06	6.24	9.74	0.77	7.91	13.78	1.24	9.10	7.22	1.81	25.11	78
03	86.82	5.75	6.63	10.81	0.89	8.26	13.99	1.26	9.02	7.58	1.92	25.39	91
04	94.02	6.51	6.92	12.46	1.20	9.60	14.36	0.99	6.92	7.30	1.54	21.08	115
05	100.73	5.46	5.42	13.69	0.68	4.99	14.43	1.07	7.44	6.63	1.66	25.06	51
06	107.62	8.55	8.08	15.28	1.03	6.75	14.65	1.07	7.34	6.02	1.63	27.13	87
07	112.00	6.74	6.01	16.70	1.14	6.85	14.89	1.01	6.75	5.66	1.55	27.34	85
08	117.42	5.78	4.92	18.65	1.27	6.83	15.07	1.45	9.64	5.02	1.34	26.78	95
09	121.49	5.95	4.90	20.24	1.44	7.11	15.98	1.15	7.19	5.22	1.42	27.17	70
10	127.46	6.95	5.45	22.31	1.67	7.49	16.34	1.16	7.13	5.10	1.32	25.90	105
11	133.25	7.41	5.56	24.86	2.24	9.02	16.88	1.45	8.58	5.04	1.41	27.90	78
12	137.10	8.53	6.22	26.78	2.48	9.28	17.38	1.47	8.43	4.90	1.33	27.20	127
13	140.12	7.82	5.58	28.01	2.22	7.93	17.80	1.80	10.13	5.15	1.55	31.08	75
14	148.04	9.01	6.09	33.89	3.50	10.33	19.41	1.88	9.69	4.99	1.11	22.33	76
15	153.57	6.80	4.43	37.61	3.11	8.26	20.35	2.08	10.20	4.67	1.77	37.84	52
16	156.44	6.98	4.46	39.84	3.04	7.73	21.06	1.95	9.26	4.64	1.28	27.56	74
17	159.59	7.65	4.80	42.69	3.12	7.31	21.91	2.09	9.60	4.57	1.39	30.38	44
18	165.52	33.21	20.06	45.48	3.23	7.09	23.33	3.42	14.65	5.41	5.88	*****	63
19	163.20	6.22	3.81	50.29	5.16	10.26	23.65	1.69	7.14	4.58	1.68	36.65	26
20-24	163.82	5.66	3.46	48.93	2.78	5.69	24.55	1.96	7.97	4.95	1.95	39.35	150
25-29	165.02	6.91	4.18	50.51	3.47	6.86	24.89	1.96	7.89	4.92	2.36	48.05	100
30-34	164.50	6.63	4.03	50.56	3.83	7.58	24.76	2.48	10.02	5.29	2.80	53.00	108
35-39	164.85	6.47	3.92	50.81	3.94	7.75	24.89	2.51	10.07	6.09	3.46	56.79	108
40-44	163.72	6.09	3.72	50.03	4.12	8.24	24.66	2.54	10.30	5.56	2.72	48.86	116
45-49	163.43	6.44	3.94	50.08	4.53	9.05	24.55	2.75	11.21	6.29	3.84	61.06	82
50-54	163.10	6.77	4.15	48.40	3.12	6.44	23.92	2.62	10.94	6.18	3.49	56.43	51
55-59	161.95	8.00	4.94	47.34	4.38	9.26	23.66	2.68	11.34	5.56	2.47	44.35	59
>=60	163.27	5.75	3.52	48.21	4.01	8.31	23.22	3.04	13.10	6.27	3.57	56.92	93

TABLE-16 (B)

NNMB - KARNATAKA - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (FEMALES) - 1979

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	61.12	5.51	9.01	5.89	1.50	25.42	12.51	1.40	11.22	7.88	2.23	28.30	54
01	70.45	4.32	6.12	7.61	2.04	26.86	12.81	1.13	8.81	7.15	1.92	26.79	53
02	78.22	5.78	7.39	8.94	1.53	17.16	13.36	1.31	9.78	7.62	2.18	28.63	77
03	85.37	5.45	6.39	10.24	1.60	15.60	13.90	1.17	8.44	8.26	2.00	24.19	80
04	92.66	5.67	6.12	11.87	1.47	12.38	14.25	1.00	7.00	8.26	4.24	51.40	98
05	99.14	7.20	7.26	13.44	1.98	14.72	14.66	1.01	6.90	7.67	1.87	24.33	56
06	105.24	6.94	6.22	14.82	2.15	14.51	14.81	1.18	7.96	6.73	1.73	25.68	70
07	110.56	5.76	5.21	16.36	2.18	13.30	15.10	1.08	7.16	6.35	1.69	26.64	52
08	116.47	6.35	5.20	18.21	2.14	11.75	15.52	0.97	6.22	6.32	1.49	23.61	88
09	121.31	6.82	5.62	19.75	2.62	13.27	15.83	1.25	7.87	6.25	1.70	27.21	61
10	127.44	6.87	5.39	22.59	3.22	14.28	16.91	1.33	7.88	6.32	1.78	28.10	93
11	133.55	7.62	5.71	23.90	3.22	13.48	17.02	1.28	7.50	5.77	1.42	24.57	48
12	137.66	7.93	5.76	27.67	5.33	19.25	18.25	1.96	10.73	6.36	2.29	35.99	74
13	144.67	7.57	5.23	32.73	5.19	15.85	19.63	1.91	9.72	7.13	1.95	27.36	46
14	147.74	6.85	4.64	35.89	5.59	15.57	20.84	2.25	10.79	7.82	2.54	32.48	55
15	149.14	5.21	3.49	38.46	4.37	11.36	21.77	1.87	8.56	9.21	2.78	30.20	36
16	151.78	8.15	5.37	41.28	5.54	13.43	23.25	2.08	8.97	10.11	3.11	30.78	54
17	151.15	5.53	3.66	40.63	4.10	10.09	22.54	1.83	8.13	9.61	2.91	30.31	18
18	151.41	5.65	3.73	42.08	4.63	11.01	22.98	1.79	7.77	9.76	3.47	35.53	50
19	152.53	6.71	4.40	44.14	5.97	13.54	23.43	1.90	8.09	9.86	3.38	31.23	7
20-24	151.42	8.46	5.59	42.27	6.12	14.47	23.17	3.31	14.27	8.98	3.91	43.58	141
25-29	151.02	5.41	3.58	41.68	6.51	15.43	22.95	2.44	10.65	8.27	3.87	46.76	144
30-34	152.16	5.85	3.85	42.66	6.99	16.38	23.41	2.52	10.76	8.48	3.63	42.83	133
35-39	151.69	5.86	3.86	42.28	7.08	16.74	23.30	2.44	10.46	8.31	4.51	54.20	99
40-44	150.96	5.98	3.96	42.08	6.58	15.64	23.18	2.44	10.53	8.73	3.73	42.66	59
45-49	149.86	5.78	3.86	42.10	9.19	21.84	23.42	3.44	14.71	8.65	5.22	62.33	57
50-54	150.65	5.21	3.46	43.73	8.58	19.61	24.09	3.38	14.05	10.29	6.26	60.84	41
55-59	148.06	5.59	3.78	42.88	10.13	23.63	24.09	3.57	14.80	10.18	7.40	72.65	44
>=60	147.57	5.96	4.04	40.29	7.82	19.41	22.68	3.28	14.45	8.13	4.07	50.05	98

TOTAL NUMBER OF RECORDS IN THE STATE = 17473

TABLE-17 (A)

NNMB - ANDHRA PRADESH - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (MALES) - 1979

29

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	61.81	6.24	10.10	5.81	0.79	13.54	12.12	1.56	12.85	7.54	1.60	21.18	40
01	74.50	3.47	5.33	8.48	0.73	8.59	12.77	1.41	11.05	7.37	1.40	24.36	57
02	82.84	4.58	5.58	9.98	0.78	7.85	13.42	1.05	7.83	7.88	1.48	25.08	53
03	88.26	4.10	4.65	11.23	0.70	6.19	13.81	0.99	7.20	7.93	1.85	23.27	57
04	95.24	5.03	5.29	12.75	0.79	6.22	13.86	1.12	8.07	7.63	2.01	26.32	70
05	102.52	5.39	5.25	14.69	0.78	5.20	14.32	1.09	7.62	6.88	1.63	23.64	44
06	107.83	4.71	4.37	15.83	0.83	5.27	14.50	2.14	14.74	5.96	1.60	26.92	53
07	113.56	5.27	4.64	18.55	2.91	15.69	15.19	2.94	19.36	6.44	4.21	65.33	75
08	119.00	5.95	4.92	19.30	1.18	6.10	14.89	1.02	6.86	5.36	1.24	23.12	72
09	122.71	4.70	3.83	20.39	1.04	5.11	15.33	1.02	6.67	5.80	1.36	23.45	56
10	128.44	5.47	4.26	22.44	1.04	4.62	15.81	0.90	5.72	5.70	1.51	26.40	61
11	132.22	4.76	3.60	24.02	1.25	5.19	16.28	0.98	6.01	5.37	1.19	22.24	45
12	135.07	6.19	4.58	26.64	1.45	5.43	17.16	1.08	6.28	5.66	1.53	26.98	59
13	141.74	6.76	4.77	29.25	1.92	6.55	17.68	1.19	6.71	5.50	1.33	24.20	49
14	146.43	6.27	4.28	32.18	1.76	5.48	18.41	1.71	9.28	5.93	1.78	30.07	35
15	152.50	7.11	4.66	36.56	2.39	6.53	19.63	1.46	7.42	5.42	1.47	27.02	40
16	155.84	9.55	5.49	39.24	2.75	7.62	20.50	2.16	10.49	5.96	1.77	29.74	28
17	160.17	5.88	3.67	42.48	2.00	4.71	21.35	1.73	8.11	5.13	1.31	25.61	24
18	160.90	5.70	3.54	44.26	2.23	5.04	22.04	1.61	7.29	5.56	1.19	21.49	51
19	161.82	7.56	4.67	47.39	2.55	5.39	23.29	2.09	8.08	6.33	2.40	37.97	21
20-24	162.98	6.89	4.23	48.37	2.42	5.01	23.73	1.83	7.70	5.50	1.97	35.71	92
25-29	163.22	7.15	4.38	49.90	2.72	5.45	24.21	2.03	8.38	5.80	2.52	43.90	65
30-34	164.08	5.78	3.52	51.37	3.54	6.90	24.70	2.19	8.96	6.61	3.16	47.74	66
35-39	164.14	6.57	4.00	53.88	3.67	6.81	25.27	2.80	11.09	7.43	3.89	52.35	52
40-44	163.51	6.20	3.79	51.24	3.06	5.08	24.30	2.26	9.78	6.63	2.96	44.69	55
45-49	164.94	7.12	4.32	52.34	3.50	6.71	24.52	2.64	10.77	7.08	3.51	49.58	38
50-54	163.82	4.18	2.55	52.85	3.29	6.23	24.70	2.79	11.30	7.39	3.12	42.24	22
55-59	165.82	6.59	3.97	52.21	4.57	8.75	24.25	3.86	12.64	8.08	5.27	65.31	26
>=60	162.36	11.40	7.02	50.39	3.59	7.12	23.44	2.51	10.70	7.04	3.08	43.77	48

TABLE-17 (8)

NNMB - ANDHRA PRADESH - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (FEMALES) - 1979

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	61.97	5.45	8.79	5.81	1.58	27.22	12.22	1.31	10.69	7.66	1.87	24.43	45
01	72.64	4.19	5.76	7.82	1.42	18.15	12.52	1.50	11.96	7.60	1.83	24.12	42
02	80.42	4.92	6.12	9.91	1.97	22.30	13.23	1.88	14.24	9.12	6.39	66.76	68
03	87.22	6.62	7.59	10.98	1.64	14.92	13.60	1.35	9.94	7.92	1.89	23.83	66
04	94.06	4.87	5.18	12.50	1.67	13.36	13.90	1.19	8.53	8.23	2.27	27.56	90
05	101.06	5.44	5.38	13.91	1.72	12.37	14.02	0.95	6.78	7.52	1.74	23.20	73
06	106.54	6.65	6.24	15.50	2.29	14.81	14.51	1.08	7.45	7.05	1.84	26.05	48
07	112.82	4.80	4.26	16.91	2.24	13.25	14.67	1.34	9.10	6.31	1.99	30.10	57
08	118.60	5.62	4.74	19.16	2.38	12.42	15.36	1.11	7.23	6.50	1.50	24.40	65
09	123.01	5.19	4.22	20.63	2.34	11.33	15.93	0.94	5.93	7.13	1.93	27.12	46
10	128.10	5.78	4.51	22.92	3.00	13.10	16.51	1.29	7.76	6.50	1.65	25.06	43
11	132.59	6.55	4.94	24.46	3.17	12.94	16.82	1.12	6.68	6.42	1.51	23.58	51
12	138.66	5.95	4.29	28.55	3.72	13.03	18.15	1.27	6.99	7.63	2.92	26.52	65
13	141.85	8.63	6.10	30.96	4.86	15.69	18.93	1.83	9.72	8.14	2.36	29.54	33
14	147.78	4.96	3.36	35.61	3.40	9.54	20.29	1.37	6.78	8.88	2.33	26.23	29
15	147.25	5.12	3.47	36.73	4.52	12.31	20.76	1.74	8.39	9.72	2.94	30.28	38
16	150.52	5.10	3.39	40.75	4.88	11.97	21.89	1.72	7.86	11.11	3.51	31.54	48
17	150.48	5.81	3.86	41.97	5.89	14.03	22.39	1.96	8.73	10.84	3.87	35.75	25
18	152.40	5.37	3.66	43.23	5.76	13.33	22.42	1.70	7.57	10.97	4.42	40.26	45
19	152.02	6.15	4.04	43.30	4.35	10.07	22.47	1.75	7.90	10.55	2.79	26.42	22
20-24	152.30	5.41	3.55	42.32	5.72	13.52	21.95	1.86	8.48	10.03	3.83	38.16	120
25-29	152.32	5.59	3.67	44.49	9.03	20.30	22.75	2.69	11.84	10.92	5.88	53.84	97
30-34	151.71	5.68	3.74	42.95	6.48	15.08	22.57	2.19	9.70	10.63	4.75	44.64	80
35-39	153.71	5.68	3.77	43.25	6.97	16.10	22.72	2.61	11.47	10.86	4.02	55.46	72
40-44	151.52	5.77	3.82	41.67	6.10	14.64	22.34	2.35	11.43	10.40	5.46	52.46	51
45-49	151.02	6.77	4.48	41.60	5.58	14.08	22.65	2.36	10.43	10.46	4.66	44.54	25
50-54	149.77	5.19	3.46	44.32	7.38	16.64	23.64	2.86	12.09	12.17	5.71	46.91	32
55-59	150.71	4.10	2.72	44.71	9.21	23.50	23.14	3.77	16.31	12.26	6.11	49.82	21
>=60	148.98	5.36	3.60	43.83	11.39	25.08	22.64	3.36	14.82	10.89	5.34	49.26	54

TOTAL NUMBER OF RECORDS IN THE STATE = 13676



TABLE-18 (A)

NNMB - MAHARASHTRA - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (MALES) - 1979

30

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	62.00	5.59	9.01	5.99	0.76	12.71	13.03	1.71	13.16	7.05	2.06	36.38	54
01	69.84	7.16	10.25	7.59	0.78	10.31	12.01	1.31	10.19	7.62	2.13	27.91	42
02	78.22	5.74	7.34	9.17	0.78	9.54	13.27	1.07	14.11	9.54	2.23	26.15	34
03	84.44	6.49	7.69	10.59	0.77	7.23	13.77	1.26	9.17	8.29	2.08	25.09	63
04	92.21	6.63	7.19	12.29	1.06	8.63	13.91	1.11	7.97	8.20	2.93	35.70	98
05	97.27	5.31	5.46	13.13	0.95	7.24	14.06	1.30	9.23	7.05	1.71	24.33	43
06	105.30	7.89	7.48	15.11	1.09	7.24	14.42	1.70	8.94	6.68	2.57	30.51	73
07	110.01	5.98	5.44	16.13	1.20	7.46	14.43	0.94	6.49	5.80	1.85	31.97	75
08	116.14	6.43	5.54	18.41	1.87	10.15	15.02	1.56	10.29	5.38	1.79	33.25	61
09	122.11	7.52	6.15	19.81	1.39	7.00	15.33	1.21	7.92	5.27	1.76	31.59	66
10	127.61	7.45	5.84	22.37	1.94	8.70	15.91	1.33	8.39	5.42	2.16	36.06	53
11	131.28	6.48	4.93	23.32	1.75	7.40	16.03	1.34	8.36	5.81	2.32	39.74	65
12	135.78	7.09	5.22	26.34	2.56	9.70	17.14	1.84	10.74	5.73	2.62	45.72	92
13	141.78	7.73	5.45	29.34	2.69	9.16	17.72	1.70	9.57	5.11	1.77	34.60	80
14	146.91	9.28	6.32	32.61	2.30	7.05	18.48	2.64	14.39	5.13	2.29	44.63	34
15	150.27	10.47	6.97	35.88	2.84	7.97	19.63	2.46	12.54	5.65	1.94	34.40	30
16	175.34	89.56	51.06	42.62	2.96	6.94	21.00	1.30	6.17	7.13	8.10	.....	32
17	158.90	7.27	4.59	42.30	2.96	6.76	21.35	2.74	9.67	5.79	2.75	47.62	39
18	162.12	7.37	4.55	45.06	2.90	6.56	23.44	2.04	9.08	6.09	2.61	42.81	56
19	163.12	6.16	3.77	45.91	2.03	6.17	22.59	1.79	8.82	5.90	1.97	34.00	30
20-24	162.62	7.10	4.36	46.29	2.15	6.84	22.78	2.23	9.00	5.62	2.50	44.48	119
25-29	163.11	6.27	3.91	40.77	2.00	7.02	21.97	2.25	9.37	6.50	3.42	52.66	78
30-34	163.14	4.70	3.06	40.25	4.01	7.91	24.26	2.53	10.44	6.99	4.09	58.45	84
35-39	163.11	7.02	4.31	44.60	2.95	6.68	23.76	2.05	8.66	6.00	2.98	48.97	85
40-44	162.91	7.15	4.39	40.14	5.12	10.21	24.00	3.78	13.66	6.67	3.92	56.79	71
45-49	162.00	6.82	4.21	47.25	3.62	7.36	23.49	2.15	9.14	6.92	2.45	47.24	64
50-54	162.52	5.61	3.46	46.34	3.40	7.34	22.90	1.91	8.32	5.64	3.34	50.21	42
55-59	142.75	5.75	3.53	40.21	5.66	11.28	23.42	3.11	13.28	7.07	4.22	40.70	49
>=60	151.94	5.76	3.56	49.29	4.24	8.59	23.20	2.50	10.79	7.83	5.15	65.73	65

TABLE- 18(B)

NNMB - MAHARASHTRA - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (FEMALES) - 1979

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
01	61.10	7.54	12.32	5.46	1.72	29.32	12.36	1.50	12.66	9.15	2.59	31.72	42
02	71.43	5.18	7.35	7.45	1.57	21.00	12.57	1.23	9.75	7.03	2.26	32.20	33
03	78.87	6.79	8.59	9.37	1.62	17.33	13.16	1.18	8.95	6.44	2.07	24.46	43
04	96.30	91.54	95.06	10.48	4.36	41.56	14.08	3.71	25.74	9.22	8.27	80.76	61
05	97.58	5.85	7.57	12.06	3.19	26.46	14.29	3.54	24.80	9.44	8.37	88.73	79
06	97.83	7.26	7.42	13.22	1.73	13.05	14.67	0.94	6.56	7.84	7.25	28.65	40
07	103.07	8.73	8.40	14.32	2.00	13.04	14.59	1.41	12.42	6.99	2.57	36.81	53
08	113.10	9.34	7.37	16.74	2.61	15.60	15.17	1.01	5.06	6.30	1.89	29.98	53
09	116.30	7.82	6.78	18.44	2.69	14.59	15.21	1.60	11.68	6.68	2.92	43.71	76
10	123.28	10.17	8.25	21.00	2.91	13.84	15.99	1.45	9.07	6.28	2.46	39.23	46
11	128.75	9.99	7.76	22.72	5.85	25.74	16.62	1.69	10.18	7.09	2.76	38.90	44
12	133.56	7.64	5.73	25.23	4.75	16.04	17.73	1.51	9.43	6.56	1.96	28.33	38
13	136.64	7.30	5.34	27.30	4.62	15.02	17.98	1.62	9.01	7.59	3.00	39.49	62
14	140.01	5.17	4.41	29.48	4.40	14.01	18.25	1.46	8.02	7.40	3.15	42.23	34
15	144.78	6.54	4.52	34.97	6.33	18.10	20.39	2.22	10.87	8.21	3.67	39.87	31
16	146.28	7.04	4.81	36.00	7.81	21.68	21.59	3.65	16.89	8.89	3.24	36.41	23
17	147.61	5.39	3.61	40.46	7.10	17.54	21.93	2.16	9.86	10.86	3.45	31.73	37
18	150.48	5.99	3.98	41.20	4.91	11.93	22.26	1.90	8.54	11.26	3.87	34.41	21
19	150.71	6.66	4.42	41.16	4.58	11.14	22.39	1.87	8.33	10.24	3.31	32.31	41
20	152.65	5.79	3.79	45.15	4.28	9.49	23.31	1.11	4.76	12.42	3.32	26.74	13
20-24	150.62	5.96	3.96	41.13	5.11	12.41	21.80	2.19	10.00	9.46	3.50	37.01	118
25-29	150.64	5.15	4.08	40.59	4.93	12.12	21.94	2.30	10.40	9.19	3.47	36.96	113
30-34	149.61	7.22	4.83	40.19	6.49	16.16	22.10	2.23	10.11	9.58	4.55	47.50	42
35-39	149.62	6.73	4.50	41.36	6.88	16.64	22.43	3.78	16.94	10.07	4.65	46.20	93
40-44	148.54	4.40	4.31	39.84	7.54	18.93	22.44	2.51	11.19	8.82	4.18	47.36	68
45-49	148.81	7.26	4.88	40.35	7.28	18.04	21.91	3.47	15.86	8.95	4.53	50.66	60
50-54	147.90	5.99	4.05	39.34	7.51	19.08	22.45	3.18	14.18	9.81	5.04	51.30	52
55-59	147.92	6.35	4.29	42.79	10.10	23.61	22.90	3.30	14.41	10.52	5.13	49.42	27
>=60	147.20	5.80	3.74	39.67	9.32	23.51	21.87	2.96	13.54	9.20	4.54	49.32	73

TOTAL NUMBER OF RECORDS IN THE STATE = 13362

TABLE-19 (A)

NNMB - GUJARAT - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (MALES) - 1979

31

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	63.08	7.56	11.98	5.73	0.62	10.88	11.54	1.35	11.70	7.41	2.15	29.00	39
01	70.91	3.88	5.48	7.72	0.52	6.75	12.08	1.09	9.04	7.50	1.52	20.30	34
02	77.65	4.89	6.29	9.32	0.63	6.79	12.42	1.29	10.43	7.13	2.03	20.45	52
03	85.41	7.99	9.36	10.99	0.59	5.40	12.93	1.79	13.97	7.74	1.94	25.04	47
04	93.03	6.45	6.94	12.60	0.60	4.74	13.70	2.75	20.11	7.49	2.10	27.98	45
05	102.96	4.89	4.75	15.04	0.61	4.05	14.04	0.94	6.70	6.64	1.22	18.19	25
06	105.05	5.03	5.74	15.88	0.84	5.30	13.86	0.71	5.12	6.94	1.91	27.46	34
07	111.98	5.76	5.14	17.32	0.73	4.19	14.27	1.65	11.58	6.23	1.40	22.47	35
08	113.92	6.19	5.43	17.72	0.62	3.47	14.02	0.95	6.76	6.06	1.44	27.03	33
09	116.29	7.09	5.92	19.63	1.67	8.51	14.70	1.53	16.39	6.69	5.48	81.87	44
10	123.56	6.44	5.21	21.17	1.34	6.34	15.07	1.26	8.34	5.99	1.45	24.55	67
11	127.85	5.66	4.43	23.30	1.11	4.76	15.63	1.46	9.36	6.07	1.70	27.99	40
12	133.69	6.17	4.61	26.54	1.22	4.64	16.33	1.51	9.23	6.97	2.35	34.26	46
13	139.23	7.42	5.33	29.36	1.83	5.56	17.10	1.66	9.73	6.42	2.37	36.95	40
14	142.98	6.61	4.63	31.18	1.85	5.95	17.16	1.81	10.57	6.45	2.89	43.32	33
15	151.84	7.26	4.78	36.20	2.43	6.71	18.73	2.14	11.44	6.12	2.09	34.12	25
16	156.34	7.51	4.80	40.43	2.82	6.98	19.46	1.83	9.38	5.59	1.93	34.50	46
17	160.13	4.71	2.94	43.97	1.68	3.82	20.22	1.56	7.79	5.18	1.40	27.05	22
18	163.02	8.49	5.21	46.63	2.21	4.73	21.14	1.37	6.46	5.37	1.54	28.59	35
19	169.51	8.54	5.32	45.36	1.68	3.70	21.21	2.11	9.97	6.00	3.11	51.89	14
20-24	164.62	5.88	3.57	48.36	2.46	5.09	22.27	1.81	8.11	5.33	2.56	38.54	72
25-29	165.82	7.24	4.37	49.69	1.67	3.36	22.02	1.58	7.18	4.95	1.78	35.88	44
30-34	165.64	5.79	3.50	52.96	3.28	6.19	23.24	2.63	11.33	4.91	3.15	53.29	70
35-39	164.22	6.64	4.04	51.71	2.80	5.42	23.12	1.93	8.35	4.24	2.11	49.92	67
40-44	165.22	5.47	3.27	54.14	3.88	7.16	23.77	2.80	11.78	6.81	3.92	57.59	53
45-49	164.30	5.62	3.42	53.58	2.81	5.24	23.75	2.89	12.45	6.10	3.19	52.27	31
50-54	164.58	5.74	3.49	53.72	4.60	7.44	23.21	3.02	13.00	6.59	3.29	49.91	32
55-59	164.21	7.93	4.83	52.16	2.76	5.29	22.95	2.55	11.10	7.00	3.36	47.94	20
>=60	163.06	5.84	3.52	51.13	3.40	6.66	22.11	2.44	11.21	6.65	3.34	50.18	43

TABLE-19 (B)

NNMB - GUJARAT - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (FEMALES) - 1979

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	61.76	5.20	8.42	5.64	1.44	25.52	11.43	1.43	12.53	7.16	1.91	26.65	25
01	70.38	4.49	6.38	7.29	1.49	20.38	11.47	1.38	12.03	7.34	2.32	31.63	32
02	76.82	5.20	6.76	9.27	1.33	14.38	12.55	0.97	7.72	7.88	1.56	19.84	25
03	86.94	7.00	8.05	11.49	1.99	17.43	13.29	0.95	7.18	8.52	2.10	24.61	31
04	94.72	14.67	15.40	12.32	2.72	16.41	13.89	2.72	19.56	8.17	2.11	25.83	46
05	99.16	6.79	6.85	13.73	1.59	11.61	13.78	0.98	7.12	7.90	1.99	25.18	29
06	102.08	6.95	6.80	14.32	1.97	13.75	13.65	1.14	8.35	6.87	1.80	26.14	30
07	109.03	6.15	5.64	16.49	2.23	13.57	14.24	1.11	7.80	6.93	1.77	25.62	27
08	113.00	4.90	6.10	17.88	2.04	11.41	14.32	0.95	6.64	6.71	1.99	24.61	31
09	119.70	7.44	6.22	19.78	3.71	18.78	15.13	1.16	7.69	6.62	1.74	26.29	29
10	122.26	4.74	3.88	20.69	2.73	13.20	15.51	2.44	15.73	6.55	1.93	29.46	31
11	131.97	7.48	5.82	26.52	4.93	18.21	16.88	1.57	9.28	7.14	2.22	30.98	19
12	132.65	6.86	5.17	24.78	4.27	17.24	16.20	1.31	8.06	6.85	1.73	25.18	27
13	136.86	8.74	6.39	28.14	4.53	16.12	17.21	1.67	9.72	7.68	2.34	30.55	34
14	143.00	8.50	5.94	32.13	5.10	15.88	18.12	1.63	9.01	7.13	1.71	24.03	23
15	148.19	5.48	3.70	36.88	5.74	15.57	18.74	2.07	11.64	7.05	2.66	37.66	19
16	149.96	6.45	4.30	38.61	4.99	12.92	19.64	1.43	7.28	7.67	2.30	30.01	18
17	151.34	4.87	3.22	41.63	6.14	14.74	20.40	2.21	10.84	8.83	3.15	35.64	18
18	152.44	6.57	4.31	43.28	6.98	16.13	20.91	1.96	9.40	9.39	3.35	35.71	23
19	153.77	4.01	2.61	41.95	9.93	23.68	20.77	3.44	16.56	10.33	6.53	63.21	6
20-24	153.66	4.90	4.19	47.21	6.08	12.88	22.21	2.27	19.23	10.77	3.81	34.38	73
25-29	153.22	4.89	3.19	44.35	5.75	12.07	21.44	2.09	9.75	8.87	3.95	44.51	71
30-34	152.95	4.95	3.24	46.41	8.74	18.84	22.01	2.97	13.47	9.56	4.98	52.68	75
35-39	153.16	4.97	3.90	46.69	9.62	20.51	22.44	3.08	13.71	10.13	5.20	51.38	55
40-44	151.85	6.56	4.32	46.84	10.37	22.13	22.58	3.25	14.41	10.20	6.53	64.02	46
45-49	152.92	9.14	3.39	44.68	7.78	17.41	21.92	2.96	13.51	8.60	5.91	58.24	25
50-54	149.94	8.85	5.90	43.97	8.50	19.33	21.71	2.99	13.79	9.32	4.96	53.16	31
55-59	149.71	5.67	3.79	46.80	10.54	22.52	22.96	3.21	13.99	11.14	7.38	66.24	22
>=60	148.75	5.38	3.62	41.58	7.54	18.14	21.92	2.64	12.56	7.91	4.18	52.80	46

TOTAL NUMBER OF RECORDS IN THE STATE = 15450

TABLE-20 (A)

NNMB - MADHYA PRADESH - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (MALES) - 1979

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Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	56.64	4.54	8.01	5.07	0.30	5.94	11.42	1.34	11.73	7.22	2.17	30.00	9
01	70.40	12.33	17.51	6.32	0.23	3.65	12.11	0.78	6.48	7.25	1.83	25.27	8
02	76.34	7.50	9.82	9.36	0.64	6.80	13.05	1.73	13.27	7.75	2.77	35.71	12
03	87.31	6.93	7.94	11.62	0.83	7.14	13.30	2.20	16.52	7.94	2.04	25.71	18
04	89.61	8.13	9.07	11.82	0.55	4.65	13.67	1.36	7.76	8.88	2.83	31.81	17
05	98.62	7.15	7.25	13.36	0.96	7.22	13.84	1.41	10.15	7.60	2.16	28.45	20
06	105.56	8.32	7.88	16.00	1.02	6.36	13.96	0.84	6.00	6.64	2.53	38.09	14
07	111.52	7.60	6.81	17.66	0.90	5.07	14.20	1.20	8.39	6.42	1.60	26.13	12
08	120.59	6.48	5.37	20.15	0.80	3.98	16.11	3.06	18.90	6.64	1.86	28.07	14
09	122.30	11.84	9.68	18.61	0.76	4.11	14.59	1.51	10.33	5.71	1.11	19.47	7
10	125.25	8.77	7.00	22.04	0.94	4.25	15.50	1.25	8.06	5.64	1.30	24.60	14
11	134.44	6.37	4.74	24.64	1.08	4.40	17.39	3.17	18.25	5.38	1.06	19.73	8
12	134.71	6.85	5.09	26.15	1.24	4.76	16.95	2.07	12.19	7.47	1.22	40.47	17
13	141.68	17.05	12.03	31.64	2.10	6.65	18.60	2.32	12.44	8.60	2.07	24.11	5
14	147.50	9.42	6.39	35.52	1.90	5.36	19.54	2.75	14.07	6.67	2.24	33.54	9
15	155.59	10.31	6.63	39.63	1.62	4.19	20.51	1.56	7.61	5.43	1.51	27.85	7
16	155.89	5.87	3.77	41.87	2.33	5.57	20.87	2.94	14.04	7.29	2.08	40.96	7
17	159.70	6.93	4.34	44.31	1.49	3.37	21.69	1.68	7.76	6.56	1.88	28.65	9
18	162.36	5.40	3.32	47.74	1.53	3.23	23.28	1.50	6.45	8.00	3.08	38.53	5
19	162.14	3.28	2.02	47.70	0.95	1.99	23.38	1.39	5.96	8.40	3.78	45.02	5
20-24	162.50	6.72	4.13	48.42	2.12	4.37	23.06	2.83	12.27	6.68	2.30	34.50	25
25-29	162.68	7.81	4.80	49.81	2.22	4.45	24.43	1.44	5.90	8.30	3.14	37.81	23
30-34	164.46	7.74	4.71	49.30	2.33	4.73	24.31	1.88	7.71	9.38	4.97	53.03	21
35-39	162.45	6.12	3.77	53.25	1.99	3.74	24.46	2.41	9.85	9.00	4.43	49.19	21
40-44	163.60	5.31	3.24	50.84	2.86	5.62	24.30	2.47	10.16	8.90	5.23	58.82	29
45-49	163.86	4.58	2.80	50.76	2.41	4.75	24.25	2.58	10.65	8.39	3.22	38.39	18
50-54	163.97	5.66	3.45	51.45	2.84	5.53	24.23	1.92	7.91	8.60	3.60	41.91	20
55-59	166.47	7.23	4.34	47.21	1.64	3.47	22.80	2.46	10.89	6.89	3.92	56.89	9
>=60	160.59	6.48	4.03	46.46	3.75	8.06	22.17	2.83	13.20	7.00	2.44	40.59	29

TABLE-20 (B)

NNMB - MADHYA PRADESH - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (FEMALES) - 1979

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	56.90	5.12	9.00	3.87	0.87	22.59	10.60	0.73	6.89	5.75	0.96	16.65	4
01	71.80	4.46	6.21	7.77	1.72	22.12	12.31	1.78	14.43	8.14	2.54	31.25	7
02	78.85	8.78	11.14	8.89	1.91	21.53	13.77	2.62	19.85	8.46	2.40	28.39	13
03	85.78	11.03	12.86	10.82	3.32	31.59	15.88	2.14	15.42	8.55	3.23	37.83	22
04	88.75	4.45	5.01	11.31	1.22	18.82	13.59	1.01	7.43	7.47	1.88	25.24	15
05	98.05	9.42	9.61	13.12	2.34	17.85	13.04	1.54	12.08	7.08	1.51	21.25	12
06	108.52	6.78	6.25	15.88	2.07	13.04	14.38	0.89	6.20	7.23	1.60	22.16	22
07	116.21	12.63	10.87	18.10	2.00	11.87	15.07	1.09	7.23	6.38	1.41	27.08	8
08	117.09	7.12	6.08	18.53	3.23	17.42	15.39	1.70	11.06	7.42	1.74	23.48	19
09	126.25	6.89	5.45	23.08	3.55	15.49	16.98	1.83	10.75	7.90	1.97	24.93	10
10	126.46	9.50	7.51	23.14	6.35	27.43	17.51	3.25	18.58	6.92	2.61	37.73	12
11	132.33	5.90	4.47	24.87	4.96	20.71	17.47	2.10	12.03	9.33	2.08	22.30	3
12	134.16	4.31	3.22	27.35	4.46	16.31	17.15	0.97	5.67	7.73	2.80	36.18	11
13	140.33	10.92	7.78	34.24	5.39	15.74	20.08	1.96	9.75	8.58	2.27	26.50	12
14	147.75	6.11	4.13	36.46	6.15	16.86	20.02	1.86	9.27	9.50	2.73	28.60	8
15	146.61	10.50	7.16	38.79	9.63	24.83	20.52	3.26	15.87	9.25	3.74	40.48	12
16	148.31	5.36	3.62	41.97	3.88	9.27	22.07	1.63	7.37	8.86	2.19	24.76	7
17	152.05	3.70	2.43	42.57	3.94	9.25	23.65	1.08	4.55	13.00	2.16	16.62	4
18	150.94	7.66	5.07	44.28	8.61	19.45	22.33	1.42	8.17	10.44	3.54	33.89	9
19	158.87	6.93	4.30	46.30	6.75	14.57	23.12	1.04	4.51	10.00	4.83	48.30	4
20-24	148.11	5.44	3.67	43.29	9.77	22.87	22.42	2.22	9.92	9.82	3.27	33.29	34
25-29	151.69	6.67	4.40	43.85	10.75	24.51	22.41	3.29	14.67	9.86	4.88	49.42	28
30-34	149.56	4.53	3.03	44.00	7.17	16.29	22.45	2.30	10.03	9.89	4.15	41.93	28
35-39	149.95	5.44	3.63	42.68	7.67	18.00	22.92	2.97	12.96	8.54	4.10	47.72	34
40-44	149.56	5.69	3.81	42.93	7.79	18.15	23.55	2.17	9.23	9.60	3.06	31.80	25
45-49	148.84	6.21	4.17	43.87	6.11	14.19	23.45	2.30	9.79	11.34	7.51	64.12	11
50-54	148.19	5.43	3.66	45.19	7.97	17.65	24.44	2.48	12.21	10.45	7.21	67.86	16
55-59	150.77	9.99	6.63	46.30	12.18	26.31	23.04	3.44	15.02	14.75	6.67	62.05	8
>=60	145.57	6.13	4.21	37.87	6.22	16.41	21.49	2.48	11.55	6.75	1.99	29.53	28

TOTAL NUMBER OF RECORDS IN THE STATE = 7295

TABLE-21 (A)

NNMB - ORISSA - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (MALES) - 1979

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	63.75	5.51	8.63	6.04	0.52	8.65	12.79	1.23	9.63	9.30	1.64	19.72	10
01	73.24	6.70	9.15	11.56	10.38	89.81	14.23	4.44	31.22	11.28	17.44	*****	23
02	81.91	6.40	7.81	9.76	0.97	9.93	13.24	1.18	8.90	7.26	2.21	30.39	19
03	86.88	7.91	9.10	10.84	1.54	14.21	13.92	1.05	7.55	7.44	2.36	31.70	45
04	92.03	6.49	6.95	11.86	1.19	10.03	14.24	0.92	6.47	6.97	1.71	24.52	32
05	98.75	7.74	7.84	13.71	1.33	9.70	14.44	1.18	8.21	6.67	2.19	32.83	33
06	106.24	5.56	5.23	15.54	1.37	8.84	14.64	0.97	6.58	6.10	2.04	33.37	40
07	113.55	9.53	8.39	17.78	2.90	15.73	14.89	1.50	10.06	6.26	2.33	37.25	35
08	119.66	8.80	7.36	19.33	2.25	11.62	15.26	1.18	7.76	6.42	2.39	37.32	36
09	120.80	6.96	5.76	20.57	2.43	11.80	15.52	1.24	7.98	5.62	1.36	24.20	26
10	127.13	7.99	6.29	23.13	3.01	13.00	16.13	1.41	8.76	6.10	2.26	37.09	40
11	135.57	6.25	4.61	27.90	7.23	25.90	18.23	6.55	35.92	7.60	10.34	*****	29
12	137.94	11.26	8.16	27.77	4.20	15.14	17.76	1.71	9.64	5.87	1.82	33.99	38
13	140.29	11.37	8.11	29.48	3.88	13.18	18.04	1.47	8.13	5.69	1.94	27.96	17
14	147.86	9.52	6.44	33.90	5.69	16.78	19.13	2.25	11.76	5.97	2.24	37.59	31
15	148.24	8.50	5.73	34.24	4.52	13.19	19.69	2.02	10.28	6.26	1.91	36.30	19
16	153.89	8.19	5.32	40.44	6.02	14.90	20.82	2.39	11.46	6.77	2.23	33.15	22
17	159.30	6.98	4.38	43.38	2.60	5.99	21.69	1.70	7.85	4.67	1.80	31.81	9
18	162.77	6.64	4.00	47.03	5.85	12.44	22.88	2.75	12.01	6.14	1.93	31.53	22
19	162.52	7.23	4.45	47.97	3.61	7.54	23.64	1.44	6.53	5.63	1.96	34.88	16
20-24	163.01	7.02	4.31	49.12	5.51	11.23	24.03	1.98	8.26	6.34	3.12	48.78	77
25-29	163.82	6.60	4.03	50.35	5.57	11.06	24.32	2.29	9.41	6.58	2.54	38.54	53
30-34	162.72	7.72	4.75	51.05	6.75	13.22	24.84	2.41	9.72	6.45	3.04	47.89	51
35-39	163.97	6.15	3.75	52.22	5.96	11.42	25.00	2.23	8.93	7.36	3.60	48.85	50
40-44	163.02	5.72	3.51	49.54	7.02	14.14	24.32	2.15	8.83	6.75	3.59	53.18	57
45-49	161.10	6.33	3.93	48.96	6.09	12.43	24.32	2.63	10.80	6.38	3.49	54.62	52
50-54	162.85	5.93	3.64	51.18	6.41	13.51	24.61	2.62	10.64	6.21	2.40	38.63	39
55-59	162.71	6.03	3.70	49.29	4.79	9.72	24.31	1.91	7.86	6.43	1.99	31.00	30
>=60	161.48	6.21	3.84	49.61	7.82	15.77	23.81	2.60	11.30	7.57	3.77	49.78	61

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TABLE-21 (8)

NNMB- ORISSA - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (FEMALES) - 1979

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	62.73	6.98	11.13	6.33	1.98	31.28	12.00	1.54	13.14	8.18	2.32	28.31	11
01	72.66	9.73	13.39	7.76	1.91	24.63	12.79	1.49	15.60	7.00	1.75	24.98	18
02	76.22	5.39	7.08	8.48	2.74	32.33	12.52	1.59	12.66	6.75	1.86	27.63	12
03	86.83	6.07	6.99	10.69	1.72	16.10	13.79	1.11	8.05	7.47	1.85	24.75	32
04	92.42	6.60	7.15	11.67	2.06	17.66	14.32	1.11	7.76	7.58	2.17	28.58	33
05	98.64	7.51	7.61	13.34	2.50	18.76	14.54	1.19	8.17	7.28	1.79	24.61	29
06	106.86	9.29	8.70	15.72	3.15	20.02	14.49	0.93	6.43	6.62	2.18	32.89	37
07	114.42	8.75	7.65	17.38	3.59	20.68	14.75	1.27	8.61	5.86	1.43	31.23	42
08	117.71	9.05	7.69	19.18	4.15	21.63	15.49	1.46	9.48	5.93	1.65	27.88	43
09	121.44	9.35	7.70	20.30	3.84	18.93	16.28	1.77	10.89	6.60	2.50	37.88	25
10	129.58	7.84	6.05	23.44	4.66	19.78	16.66	1.73	10.38	6.71	2.40	41.71	29
11	135.10	9.29	6.87	26.94	5.44	20.17	17.70	1.68	9.47	7.84	3.29	41.93	25
12	134.32	7.56	5.55	26.81	5.30	19.76	17.56	2.30	13.11	7.34	3.26	44.38	32
13	145.35	8.22	5.65	35.37	7.55	21.34	20.35	2.51	12.32	9.14	4.17	45.61	22
14	146.95	7.95	5.41	36.41	7.11	19.52	20.20	2.63	13.03	9.67	4.71	48.69	27
15	146.21	4.61	3.16	37.46	6.07	15.99	21.17	2.06	9.75	9.20	4.71	51.18	25
16	147.30	10.01	6.80	38.19	6.62	17.35	20.95	1.90	9.09	9.58	4.13	43.07	24
17	150.78	7.90	5.24	43.32	5.12	11.82	22.64	1.91	8.42	11.08	4.78	43.18	26
18	151.14	5.18	3.43	44.37	5.86	13.22	22.95	1.93	8.45	11.09	4.12	37.18	23
19	155.30	9.03	5.81	48.12	3.25	8.09	21.44	1.63	7.59	8.40	2.30	27.41	5
20-24	150.52	5.97	3.90	43.83	6.21	14.17	22.64	2.14	9.43	10.08	5.01	49.77	61
25-29	150.71	5.92	3.93	42.95	5.90	13.74	22.28	2.11	9.45	8.77	3.52	40.15	65
30-34	149.64	6.16	4.11	42.02	5.29	12.58	22.50	1.85	8.23	9.68	4.57	47.17	56
35-39	149.97	5.83	3.89	42.02	6.70	15.95	22.39	2.16	9.64	9.31	4.97	53.37	72
40-44	151.02	5.85	3.87	41.79	6.89	16.48	22.71	2.00	8.82	9.15	4.23	46.24	61
45-49	150.24	6.53	4.35	43.12	7.19	16.67	23.12	2.35	10.16	9.23	4.03	43.62	47
50-54	149.15	7.52	5.04	43.72	9.46	21.64	23.85	3.04	12.73	11.11	6.00	54.84	28
55-59	148.05	6.69	4.52	39.07	3.87	9.90	22.63	2.57	11.37	9.36	4.89	52.24	25
>=60	146.66	5.79	3.95	38.22	6.62	17.31	21.71	2.75	12.67	7.68	3.76	42.41	53

TOTAL NUMBER OF RECORDS IN THE STATE = 3788

TABLE-22 (A)

NNMB -WEST BENGAL - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (MALES) - 1979

34

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	63.32	5.17	8.16	6.06	0.47	7.78	11.57	1.20	10.35	4.95	1.01	20.44	20
01	73.58	4.29	5.83	7.98	0.40	5.07	12.11	1.17	9.65	4.98	1.13	27.76	23
02	82.42	4.16	5.34	9.94	0.49	4.94	12.59	0.99	7.85	5.26	1.09	20.67	31
03	88.81	5.27	5.93	11.95	2.09	17.47	12.90	0.83	6.45	5.03	0.90	17.98	34
04	96.42	4.50	4.66	12.98	0.54	4.19	13.29	1.02	7.71	4.82	1.07	22.27	33
05	102.11	4.94	4.84	15.87	2.25	14.15	13.34	1.14	8.53	4.31	0.75	17.39	16
06	104.04	5.16	4.96	14.78	0.63	4.25	13.53	0.88	6.54	4.06	0.68	16.87	27
07	114.75	4.40	3.84	17.38	0.48	2.77	13.80	1.35	9.81	3.85	0.67	17.37	10
08	115.92	5.67	4.89	18.09	0.92	5.10	14.47	1.76	12.18	3.82	0.48	12.83	30
09	121.94	8.59	7.04	20.50	1.20	5.86	14.65	1.52	10.36	3.70	0.59	15.95	22
10	124.37	5.89	4.73	21.12	0.91	4.29	15.02	1.09	7.27	3.96	0.62	15.95	21
11	127.88	5.62	4.40	22.29	1.16	5.21	15.65	1.08	6.91	3.88	0.68	17.36	25
12	133.12	6.57	5.01	24.55	1.03	4.21	15.87	0.88	5.62	3.97	0.70	17.51	17
13	138.15	6.08	4.40	28.51	1.25	4.39	16.85	1.21	7.20	3.97	0.70	17.34	20
14	144.26	9.52	6.60	30.66	1.83	5.95	17.23	1.39	8.07	4.21	0.69	16.38	12
15	152.02	9.45	6.21	35.95	1.42	3.44	19.05	1.35	7.11	4.25	0.58	13.74	12
16	153.45	8.91	5.91	37.53	2.06	5.48	20.83	2.11	10.52	4.37	1.19	27.19	15
17	157.28	10.44	6.66	42.81	2.47	5.89	21.16	2.13	10.06	4.33	1.01	23.41	10
18	164.02	6.82	4.16	43.95	1.12	2.54	21.25	1.91	8.98	3.95	0.61	15.44	11
19	163.04	6.66	4.78	43.99	1.13	2.57	21.12	1.36	6.42	4.19	0.53	12.66	8
20-24	161.92	6.12	3.77	47.55	2.02	4.25	23.03	1.78	7.75	4.58	0.80	17.54	46
25-29	163.05	5.40	3.31	49.38	2.12	4.28	23.27	1.93	8.29	4.54	1.67	36.88	27
30-34	163.48	4.21	5.04	44.57	1.87	3.84	22.95	2.01	8.76	3.88	0.65	16.66	16
35-39	161.86	5.14	3.18	47.98	1.69	3.51	23.28	1.44	6.20	4.61	1.20	26.14	33
40-44	161.92	7.28	4.49	47.31	1.54	3.75	22.93	1.55	6.75	4.67	1.22	26.08	35
45-49	161.88	5.22	3.24	45.97	2.03	4.41	23.74	2.23	9.79	4.23	1.64	38.87	26
50-54	163.41	7.34	4.49	45.93	1.61	5.30	22.07	1.72	7.40	4.58	1.25	27.23	24
55-59	163.01	4.42	2.71	50.32	2.70	5.37	23.45	2.00	9.34	5.29	2.29	43.29	12
>=60	157.72	12.30	7.80	42.76	1.75	4.16	21.32	1.98	9.30	4.30	0.91	21.12	5

TABLE-22 (B)

NNMB -WEST BENGAL - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (FEMALES) - 1979

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	62.74	4.55	7.27	5.90	0.93	15.69	11.52	0.79	6.95	5.08	1.00	19.64	12
01	73.56	5.06	6.88	7.67	1.33	17.31	11.74	0.97	8.26	4.54	0.99	21.36	22
02	80.97	3.91	4.76	9.20	0.92	10.66	12.48	0.62	5.03	5.28	0.80	15.05	23
03	88.13	3.29	3.74	10.99	1.09	9.96	12.76	0.87	6.82	5.31	1.26	23.79	27
04	93.11	4.59	4.92	11.91	1.59	13.39	13.02	1.14	8.74	5.53	1.23	22.26	16
05	97.52	4.59	8.41	13.28	1.48	11.14	13.34	0.69	5.15	4.69	0.79	16.92	16
06	105.18	5.83	5.55	14.65	1.43	12.47	13.41	0.82	6.12	4.39	1.01	23.05	22
07	111.37	4.21	3.78	16.61	1.78	8.29	13.99	1.05	7.54	4.23	0.78	18.33	15
08	115.54	5.90	5.11	17.73	1.79	10.67	14.35	0.83	5.98	4.00	0.67	16.77	21
09	119.35	4.36	3.65	18.89	1.51	7.98	14.88	1.07	7.21	4.12	0.85	20.54	13
10	124.30	5.69	4.58	20.63	2.72	13.20	15.02	1.23	8.17	3.93	0.73	18.57	21
11	129.91	7.16	5.51	23.69	3.85	15.26	15.31	2.70	17.44	4.34	0.77	17.69	16
12	136.10	8.93	6.49	26.79	5.06	18.89	16.71	1.44	8.59	4.28	0.49	11.38	27
13	141.80	7.69	5.42	31.75	5.93	18.97	17.93	1.78	9.91	4.29	1.16	21.90	19
14	146.08	8.24	5.64	34.66	6.57	18.96	18.98	2.05	10.77	6.08	2.53	41.66	13
15	144.23	9.87	6.84	33.74	7.22	21.36	19.19	2.46	12.80	5.54	2.61	36.38	14
16	150.84	5.85	3.88	41.39	5.86	14.15	21.37	2.21	10.34	7.94	3.91	49.27	16
17	151.34	5.51	3.64	41.83	5.94	14.19	21.94	1.69	7.71	7.50	2.48	33.11	10
18	151.26	3.41	2.25	42.66	3.36	7.88	21.49	1.21	5.63	6.44	1.24	19.18	9
19	146.27	3.57	2.44	37.93	5.88	15.50	20.08	1.83	9.14	6.33	2.16	34.11	6
20-24	150.76	5.42	3.60	40.47	5.28	13.07	20.56	1.93	8.91	5.63	1.68	29.75	34
25-29	151.10	5.46	3.88	43.38	7.51	17.31	21.73	2.67	12.29	6.68	3.90	58.47	31
30-34	149.05	4.38	2.94	41.88	6.09	14.54	21.45	1.99	9.26	5.97	1.85	39.93	35
35-39	148.39	3.73	2.49	39.32	4.23	10.76	21.07	1.41	6.67	5.06	1.24	24.55	32
40-44	149.87	5.04	3.36	41.15	4.98	12.10	22.01	1.99	9.04	6.78	2.26	33.78	28
45-49	149.85	7.92	5.29	39.62	7.62	14.23	21.39	1.96	9.17	5.60	1.39	24.94	15
50-54	151.40	4.96	3.28	37.57	6.78	14.04	20.44	2.40	12.21	4.95	1.65	33.30	11
55-59	151.00	6.21	4.14	38.72	5.01	12.94	20.45	1.45	7.00	5.38	1.80	33.43	4
>=60	145.07	3.25	2.24	37.42	4.70	11.27	21.37	2.17	10.18	5.17	1.47	28.49	6

TOTAL NUMBER OF RECORDS IN THE STATE = 10962

TABLE-23 (A)

NNMB-UTTAR PRADESH - MEAN ANTHROPOMETRIC MEASUREMENTS AGE (MALES) - 1979

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Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	62.32	4.76	7.64	6.17	0.79	12.76	11.98	1.30	10.68	7.21	1.93	26.79	56
01	71.71	3.91	5.32	7.86	0.99	12.56	12.21	1.30	10.65	6.83	1.96	28.67	78
02	80.64	3.54	4.46	10.06	1.23	12.21	12.94	1.14	9.18	7.01	1.94	27.67	88
03	89.16	2.83	3.17	12.03	0.80	6.63	13.56	1.14	8.43	6.73	1.72	25.64	68
04	96.29	4.45	4.62	13.53	0.83	6.13	13.81	0.82	5.93	6.51	1.55	23.90	89
05	102.22	3.69	2.63	14.57	0.60	4.12	14.14	0.88	6.25	6.01	1.10	18.28	73
06	108.73	8.01	7.37	15.92	0.93	3.30	14.53	0.89	6.09	5.68	1.07	18.81	62
07	113.30	2.33	2.05	17.77	0.71	4.02	15.15	1.01	6.69	5.79	1.36	23.43	62
08	119.24	2.39	2.00	19.62	0.90	4.61	15.61	0.98	6.26	5.38	1.17	21.76	68
09	123.94	2.83	1.96	21.50	1.20	5.56	15.93	1.02	6.43	5.15	1.11	21.61	63
10	126.74	5.61	4.42	22.69	1.26	5.54	16.07	1.13	7.03	5.52	1.11	20.13	52
11	132.08	4.43	3.35	25.09	2.20	8.76	16.72	1.31	7.84	5.70	1.40	24.56	65
12	138.26	3.32	2.40	28.46	1.75	6.15	17.30	1.09	6.30	5.74	1.15	19.95	113
13	144.94	3.04	2.10	32.45	1.29	3.95	17.92	1.06	5.92	5.69	0.88	15.48	52
14	150.10	2.94	1.96	35.51	1.63	4.59	18.26	1.38	7.55	5.48	1.10	20.02	57
15	153.20	6.89	4.50	39.92	2.64	6.77	19.30	1.89	9.79	5.47	1.04	18.94	62
16	157.80	4.26	2.70	42.76	3.08	7.21	20.87	2.27	10.86	5.36	0.80	14.86	61
17	159.40	6.07	3.81	44.84	2.48	5.54	21.70	2.04	9.38	5.45	0.91	16.60	43
18	161.13	5.16	3.20	46.54	2.75	5.89	22.88	1.84	8.86	5.29	1.26	23.86	83
19	162.78	3.67	2.26	47.49	1.86	3.91	23.25	1.46	6.27	4.86	0.91	18.76	33
20-24	163.07	5.41	3.32	49.83	2.58	5.27	23.76	1.70	7.14	5.09	0.99	19.47	146
25-29	162.32	5.44	3.35	49.82	3.22	6.34	24.40	2.20	8.98	5.16	1.43	27.64	72
30-34	162.36	5.65	3.48	49.20	3.44	7.00	23.92	2.18	9.13	4.89	1.32	26.96	68
35-39	162.05	6.16	3.80	50.25	3.98	7.92	24.47	2.14	8.74	5.17	1.82	35.27	94
40-44	162.21	6.22	3.84	50.29	3.21	6.39	24.19	2.09	8.62	5.32	2.26	42.37	68
45-49	162.15	6.62	4.08	49.51	3.63	7.25	24.07	2.17	9.02	5.36	1.79	33.42	61
50-54	161.82	6.63	4.10	49.62	3.76	7.59	24.06	2.18	9.04	5.29	2.21	41.74	40
55-59	158.28	22.95	14.50	47.60	4.99	10.27	22.82	4.15	18.20	5.34	3.08	57.69	45
>=60	161.13	6.45	4.00	47.79	5.01	10.48	22.72	3.15	13.86	4.12	2.61	50.93	81

TABLE-23 (B)

NNMB-UTTAR PRADESH - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (FEMALES) - 1979

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	67.42	4.44	7.36	4.87	1.46	30.05	10.91	1.27	11.62	5.79	1.38	23.81	38
01	72.41	4.34	5.99	7.86	1.69	21.31	12.29	1.09	8.86	6.63	1.81	27.25	56
02	80.32	5.95	7.40	9.57	1.96	20.47	12.67	1.34	10.58	6.97	2.08	29.86	63
03	87.27	3.01	3.45	11.54	1.26	17.95	13.21	0.99	7.49	7.20	2.20	30.59	85
04	94.77	3.40	3.59	13.11	1.15	8.74	13.70	0.73	5.36	6.23	1.16	18.55	65
05	101.56	2.23	2.20	14.36	0.91	6.35	13.99	0.86	6.13	6.14	1.28	20.91	48
06	107.22	2.72	2.54	15.89	1.28	8.07	14.76	0.96	6.49	5.80	1.26	21.68	46
07	112.25	5.01	4.46	17.28	1.79	10.34	15.29	1.07	6.97	5.98	1.39	23.29	51
08	118.83	2.54	2.14	19.41	2.02	10.41	15.60	0.97	6.20	6.02	1.34	22.25	45
09	122.68	2.72	2.21	20.99	2.14	10.21	16.13	1.03	6.36	5.83	1.17	20.03	29
10	127.79	8.40	6.57	23.21	3.05	13.14	16.34	1.06	6.47	6.09	1.25	20.47	35
11	131.88	2.80	2.13	25.66	2.58	10.07	17.21	1.04	6.06	6.12	0.93	15.15	25
12	136.34	4.11	3.01	28.76	3.17	11.02	17.85	1.44	8.09	6.39	1.36	21.38	41
13	139.96	7.02	5.02	31.31	5.25	16.76	18.80	1.86	9.88	6.63	1.49	22.56	20
14	144.05	4.06	2.82	35.48	3.81	10.75	19.23	1.83	9.51	6.77	1.30	19.22	13
15	146.45	4.24	2.90	37.51	4.66	12.42	20.70	2.52	12.15	7.22	2.52	34.92	20
16	147.44	5.47	3.71	39.65	6.06	15.28	21.02	2.31	10.58	7.19	1.76	24.44	16
17	146.93	5.81	3.95	39.95	3.09	7.73	21.65	1.24	5.71	6.80	1.57	23.05	15
18	149.71	8.23	5.53	41.53	4.87	11.74	22.16	1.74	7.84	7.07	1.51	21.42	22
19	150.38	3.78	2.51	43.60	1.73	5.98	22.75	0.60	2.65	6.83	1.60	23.45	6
20-24	149.68	5.22	4.15	43.47	5.68	17.08	23.09	1.75	7.64	6.98	2.04	29.15	63
25-29	147.55	8.48	5.75	41.27	6.79	16.45	22.59	2.54	11.25	6.71	2.49	37.13	67
30-34	148.53	5.76	4.01	40.98	5.28	12.88	22.47	1.99	8.87	6.24	1.70	27.25	105
35-39	148.22	4.55	3.07	41.29	4.90	11.87	22.84	2.14	9.38	6.89	2.18	31.50	73
40-44	148.83	4.40	2.96	41.85	4.97	11.87	22.72	2.43	10.65	6.43	2.25	34.93	71
45-49	147.12	5.01	3.41	42.12	6.27	14.88	23.05	2.47	10.71	7.25	2.49	34.37	46
50-54	147.78	4.69	3.17	40.72	8.76	21.50	21.81	3.05	13.99	7.00	3.84	54.97	37
55-59	147.01	4.96	3.37	38.93	6.66	17.10	21.60	2.75	12.72	5.97	2.96	47.84	33
>=60	145.71	5.29	3.63	37.39	6.32	16.91	20.59	2.48	12.05	5.25	2.12	40.42	61

TOTAL NUMBER OF RECORDS IN THE STATE = 11749

TABLE 24

NNMB-RURAL-PERCENTAGE DISTRIBUTION OF PRESCHOOL CHILDREN (1-5 Years)  
ACCORDING TO GOMEZ CLASSIFICATION IN DIFFERENT STATES-(BOYS) 1979

36

STATE	No. of children covered	Weight as percentage of standard			
		7/ 90 Normal	75-90 Mild	60-75 moderate	60 Severe
Kerala	141	13.5	46.8	34.0	5.7
Tamil Nadu	203	8.4	38.4	46.8	6.4
Karnataka	358	8.1	39.1	43.6	9.2
Andhra Pradesh	237	12.2	43.0	40.1	4.7
Maharashtra	242	7.0	33.5	46.3	13.2
Gujarat	178	6.2	44.9	38.2	10.7
Madhya Pradesh	55	10.9	27.3	36.4	25.4
Orissa	119	11.8	33.6	40.3	14.3
West-Bengal	121	9.1	47.1	39.7	4.1
Uttar Pradesh	323	11.8	54.8	26.9	6.5
Average		9.9	40.8	39.2	10.1

TABLE 26

NNMB-RURAL-PERCENTAGE DISTRIBUTION OF PRESCHOOL CHILDREN (1-5 YEARS)  
ACCORDING TO GOMEZ CLASSIFICATION IN DIFFERENT STATES-(GIRLS) 1979

STATE	No. of children covered	Weight as percentage of standard			
		7/ 90 Normal	75-90 Mild	60-75 Moderate	60 Severe
Kerala	115	28.7	46.1	21.7	3.5
Tamil Nadu	198	17.2	46.0	30.3	6.5
Karnataka	308	10.4	50.3	32.1	7.2
Andhra Pradesh	256	21.9	53.5	21.1	3.5
Maharashtra	216	13.4	46.7	30.6	9.3
Gujarat	134	18.7	41.0	35.1	5.2
Madhya Pradesh	57	15.8	31.6	49.1	3.5
Orissa	95	20.0	38.9	31.6	9.5
West-Bengal	88	13.6	53.4	29.5	3.5
Uttar Pradesh	269	31.6	48.7	14.5	5.2
Average		19.1	45.6	29.6	5.7

TABLE 26

NNMB-RURAL-PERCENTAGE DISTRIBUTION OF PRESCHOOL CHILDREN (1-5 YEARS)  
ACCORDING TO GOMEZ CLASSIFICATION IN DIFFERENT STATES-(POOLED) 1979

STATE	No. of children covered	Weight as Percentage of Standard			
		7/ 90 Normal	75-90 Mild	60-75 Moderate	60 Severe
Kerala	256	20.3	46.5	28.5	4.7
Tamil Nadu	401	12.7	42.1	38.7	6.5
Karnataka	666	9.2	44.3	38.3	8.2
Andhra Pradesh	493	17.2	48.5	30.2	4.1
Maharashtra	458	10.0	39.7	38.9	11.4
Gujarat	312	11.5	43.3	36.2	8.3
Madhya Pradesh	112	13.4	29.4	42.9	14.3
Orissa	214	15.4	36.0	36.4	12.2
West Bengal	209	11.0	49.8	35.4	3.8
Uttar Pradesh	592	20.8	52.0	21.3	5.9
Average		14.2	43.2	34.7	7.9

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**RESULTS OF THE DATA OF DIET AND  
NUTRITION COMPILED FOR THE PERIOD**

**1975 - 78**

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RESULTS OF THE DATA OF DIET AND NUTRITION COMPILED FOR THE PERIOD  
1975-78  
PATTERN OF CONSUMPTION IN INDIVIDUALS

The data on diet surveys collected by 24 hour recall method between the years 1975-78 in different states have been pooled and the results of the consumption of nutrients- proteins, calories, iron and Vitamin A - in different age, Sex and physiological status groups have been analysed and presented in tables 27 to 44. From these tables, it is seen that wide variations in the consumption levels exist between different individuals. These can be explained by some of the following parameters like: (1) socio-economic differences (2) season of survey (3) inherent variations in methodology and (4) between-investigators differences in the collection of data. However, it is unlikely that differences in investigators would have played a significant role in this regard since all the investigators were brought to NIN from time to time and were given reorientation in diet survey methodologies.

The large variations observed in the consumption of Vitamin A intakes in all the age groups is due to the consumption of varying amounts of foodstuffs rich in Vitamin A.

Tables 45 and 46 give the different percentile values of consumption of calories and proteins in different age, sex and physiological status groups, along with the recommended levels of intakes by the ICMR Expert Committee.

Tables 47 and 48 present the percentile values of the intakes of calories and proteins expressed as percent of the recommended daily allowance of these nutrients. From these tables, it is evident, as indicated by the 50th percentile values of intakes of calories and protein, that the problem of calorie Inadequacy should be of higher priority as compared to that of protein. Using the concept of 'Mean -2SD' of the RDA as the cut-off level for the classification of the adequacy or otherwise for proteins and calories, individuals in different age groups have been categorised into 4 groups. Results of the analysis of the data collected during the years 1975-79 are presented in tables 49 A-G.

From these tables, it is evident that a very small percentage of the population fall in the category of consuming diets which are deficient in proteins but contributing adequate amounts of calories. In fact, it is clearly demonstrated from these tables that protein inadequacy in a majority of the cases goes along with the calorie inadequacy.

#### PATTERN OF CONSUMPTION IN HOUSEHOLDS

The results of the Weighment diet survey conducted in the rural areas in different states have been analysed according to the amount of land possessed by the head of the family. The analysis was limited to intake of calories and proteins only and the results are presented in table 50. It is evident that the mean consumption levels of calories by the households who do not possess any land were found to be much less as compared to those who possessed land. These differentials were consistently noticed in all the states and were very marked in some of the states. The mean calorie Intakes (per Cu) were found to be less than the recommended 2400 calories in those families who did not possess

any land in all the states surveyed. It may be noted that changes in calorie consumption invariably exhibit changes in protein consumption also as the diets are cereal based.

Since simple possession of land may not mean much, particularly if no crops were raised in the land, the data were analysed taking this fact also into consideration. The mean intakes of calories and proteins in those families which have raised some crops as compared to those families which have not raised any crops are presented in table 51. The consumption of protein and calories in households who have raised some crops were consistently higher in all the states.

The occupation of the head of the family is known to play a significant role in determining the food basket. This aspect was studied by categorizing the households into 3 groups - based on the occupation of the head of the family: labourer, cultivator and others. The consumption levels of protein and calories in labourer families was low as compared to the cultivator families. Those families which were categorized under others, were found to fall in between these two groups in all the states. This category of others included village artisans, petty businessmen etc. (Table 52).

"The consumption pattern in households of different social groups - (1) Harijans (2) Scheduled Tribes and (3) Others was also analysed. It should be mentioned that the coverage of the scheduled tribe families was very low in this survey as no special attempts were made to survey these families for this purpose. Table 53 presents the results of this analysis. It is evident that the consumption of proteins and calories in Harijan families was much lower than the rest of the community. The coverage of scheduled tribe was reasonable in the states of Maharashtra, Gujarat, Madhya

Pradesh and west Bengal. The study of the figures in these states reveals that In the states of Maharashtra and Madhya Pradesh, the consumption of proteins and calories by the scheduled tribe families Was better than that of the Harijan families. However, in the states of Gujarat and West Bengal, the scheduled tribes were found to consume lower amounts of proteins and calories as compared to the Harijan families.

In the rural areas, possession of cattle at home is generally considered as one of the indicators of their economic status. This indirectly is expected to affect their intake pattern. This aspect was studied in the present data and the results are presented in table 54. All the households were categorized as those in possession of cattle at home and those who *do* not possess them. It may be seen that the consumption of proteins and calories in those families who possess cattle at home were higher as compared to those who do not possess any cattle.

The results of the different types of analysis carried out clearly demonstrate that the consumption is primarily income dependent and any other parameter that is associated with income status of the household also would exhibit these differentials in the nutrient consumption patterns,

#### ANTHROPOMETRIC MEASUREMENTS

Means and standard deviation along with the the coefficient of variation of different anthropometric measurements of infants surveyed during the years 1974-79 are presented according to different age and sex in tables 55-64. In table 65, the distribution of pre-school children according to Gomez classification is presented in different states. From this table, it is evident that there 'exists extensive growth retardation in the children surveyed. Also, it is seen that 5-11% of that in different states exhibited severe growth retardation (Gomez classification). Mild and moderate undernutrition constituted between 75-80%. Only 10-18% of the pre-school age children can be categorized as having normal weight for age.

TABLE 27

NNMB - INTAKE OF NUTRIENTS PER DAY - 01 + YEAR - (1975-78)

41

State	N	Proteins (g)		Calories (kcal)		Iron (mg)		Vitamin-A ( $\mu$ g)	
		Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.
Kerala	22	12.8	20.18	530	419	4.0	3.59	110	326.8
Tamil Nadu	26	18.0	21.73	620	430	7.6	8.89	166	414.2
Karnataka	42	15.2	12.25	595	412	8.4	7.28	63	61.7
Andhra Pradesh	35	11.2	9.44	417	307	4.2	3.91	65	72.3
Maharashtra	21	17.1	12.36	560	343	7.1	4.83	118	197.7
Gujarat	28	20.4	13.60	672	405	6.3	5.63	203	429.3
Madhya Pradesh	23	21.5	27.88	564	544	10.1	19.67	179	611.0
West Bengal	23	21.4	11.66	706	497	10.0	8.51	211	268.7
Uttar Pradesh	25	24.2	23.56	659	733	10.8	12.95	226	277.4
Recommended levels		17.0		1200		15-20		250	

TABLE 28

NNMB - INTAKE OF NUTRIENTS PER DAY - 02 YEARS - (1975-78)

State	N	Proteins (g)		Calories (kcal)		Iron (mg)		Vitamin-A ( $\mu$ g)	
		Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.
Kerala	27	16.2	13.50	565	252	5.9	2.87	117	266.2
Tamil Nadu	41	24.0	11.80	877	372	11.1	5.69	130	127.2
Karnataka	69	28.9	13.34	1005	429	15.5	8.42	169	239.7
Andhra Pradesh	63	20.8	9.57	783	325	8.9	4.43	144	170.1
Maharashtra	37	20.7	12.11	700	372	9.1	5.64	113	124.8
Gujarat	35	25.4	10.21	923	332	10.7	5.19	213	398.8
Madhya Pradesh	24	32.2	21.43	908	562	13.8	9.12	108	160.0
West Bengal	34	21.4	11.66	706	497	10.0	8.51	211	268.7
Uttar Pradesh	37	25.7	14.76	762	443	10.0	5.57	118	206.5
Recommended levels		18.0		1200		15-20		250	

TABLE 29

NNMB - INTAKE OF NUTRIENTS PER DAY - 03 YEARS - (1975-78)

42

State	N	Proteins (g)		Calories (kcal)		Iron (mg)		Vitamin-A (µg)	
		Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.
Kerala	37	17.6	8.86	660	251	7.0	3.26	57	90.0
Tamil Nadu	41	27.2	15.06	1022	524	13.2	8.16	102	77.9
Karnataka	83	30.4	14.78	1089	444	17.9	8.61	152	175.2
Andhra Pradesh	63	22.7	10.77	882	400	10.0	5.63	122	137.8
Maharashtra	54	26.3	14.39	909	505	12.3	8.10	115	122.5
Gujarat	45	29.6	16.47	1013	447	13.0	7.28	244	505.7
Madhya Pradesh	28	34.4	12.52	1069	417	13.0	5.36	83	63.6
West Bengal	54	27.3	19.21	896	400	14.4	9.25	339	458.0
Uttar Pradesh	41	27.3	17.17	758	374	11.4	8.50	119	290.2
Recommended levels		19.0		1200		15-20		250	

TABLE 30

NNMB - INTAKE OF NUTRIENTS PER DAY - 4-7 YEARS - (1975-78)

State	N	Proteins (g)		Calories (kcal)		Iron (mg)		Vitamin-A (µg)	
		Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.
Kerala	94	21.4	10.35	837	359	9.0	3.74	69	79.0
Tamil Nadu	98	26.5	12.69	1002	401	13.4	6.35	190	764.3
Karnataka	229	38.8	17.14	1398	534	23.3	11.04	159	153.3
Andhra Pradesh	143	26.6	12.37	1030	399	12.0	6.34	154	156.3
Maharashtra	159	34.1	16.53	1148	535	17.0	9.23	143	159.1
Gujarat	105	32.6	12.69	1175	425	15.2	8.38	312	601.8
Madhya Pradesh	92	34.3	15.52	1058	452	14.5	7.05	87	76.8
West Bengal	135	29.5	13.63	1007	382	14.7	8.18	233	335.3
Uttar Pradesh	151	35.6	17.89	1029	448	14.7	7.37	109	204.8
Recommended levels		22.0		1500		15-20		300	

TABLE 31

NNMB - INTAKE OF NUTRIENTS PER DAY - 7-10 YEARS - (1975-78)

43

State	N	Protein (g)		Calories (kcal)		Iron (mg)		Vitamin-A (µg)	
		Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.
Kerala	73	25.9	11.76	994	291	10.9	3.88	02	34.9
Tamil Nadu	100	32.0	15.41	1236	504	15.6	8.33	130	130.8
Karaataka	206	46.4	21.59	1694	667	27.8	14.40	171	195.5
Andhra Pradesh	116	30.4	11.23	1173	378	13.9	6.52	156	178.3
Maharashtra	172	40.1	18.32	1356	572	20.1	10.02	196	277.1
Gujarat	105	36.9	12.80	1372	438	15.9	6.51	38	226.5
Madhya Pradesh	99	41.1	17.17	1293	477	17.1	8.47	87	59.4
West Bengal	132	32.0	14.61	1152	422	16.5	8.78	313	503.1
Uttar Pradesh	119	44.0	23.70	1271	591	18.5	9.88	119	207.9
Recommended levels		33.0		1800		15-20		400	

TABLE 32

NNMB - INTAKE OF NUTRIENTS PER DAY - 10-13 YEARS - (1975-78)

State	N	Proteins (g)		Calories (kcal)		Iron (mg)		Vitamin-A (µg)	
		Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.
Kerala	77	30.8	13.52	1160	305	13.1	4.30	89	79.8
Tamil Nadu	83	43.1	17.64	1609	603	21.4	12.13	156	132.3
Karnataka	138	53.3	24.86	1928	687	32.0	15.53	221	277.0
Andhra Pradesh	75	37.7	23.52	1398	519	10.3	10.00	159	207.8
Maharashtra	166	43.5	19.04	1478	614	23.1	10.79	195	303.2
Gujarat	87	43.6	17.22	1546	574	18.2	8.24	203	211.2
Madhya Pradesh	51	42.6	14.78	1342	356	16.9	6.39	97	80.9
West Bengal	120	37.7	18.73	1311	480	19.6	13.01	296	462.7
Uttar Pradesh	104	50.4	27.35	1509	672	21.6	10.74	133	227.1
Recommended levels		41.0		2100		15-20		600	



TABLE 33

NNMB - INTAKE OF NUTRIENTS PER DAY - 13-16 YEARS - BOYS - (1975-78)

44

State	N	Proteins (g)		Calories (kcal)		Iron (mg)		Vitamin-A (µg)	
		Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.
Karala	36	31.2	11.60	1191	398	13.4	4.80	106	119.6
Tamil Nadu	34	44.4	22.35	1728	766	23.9	14.42	188	203.5
Karnataka	33	61.3	24.53	2274	764	37.5	17.98	258	377.9
Andhra Pradesh	21	35.7	13.02	1448	555	16.9	7.08	154	129.1
Maharashtra	64	49.1	23.16	1671	728	27.1	13.15	298	365.9
Gujarat	30	50.8	17.29	1757	645	21.3	11.17	184	153.3
Madhya Pradesh	27	49.1	17.78	1550	430	19.9	8.00	102	64.9
West Bengal	52	49.3	22.22	1721	701	25.7	15.28	377	476.7
Uttar Pradesh	47	62.2	25.34	2013	844	27.6	14.42	279	748.2
Recommended levels		55.0		2500		25.0		750	

TABLE 34

NNMB - INTAKE OF NUTRIENTS PER DAY - 13-16 YEARS - GIRLS - (1975-78)

State	N	Protein (g)		Calories (kcal)		Iron (mg)		Vitamin-A (µg)	
		Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.
Kerala	35	36.4	12.48	1431	322	15.8	4.88	126	154.2
Tamil Nadu	24	43.8	25.75	1678	862	22.2	16.48	127	95.4
Karnataka	45	54.3	23.94	2056	721	32.7	14.57	156	151.9
Andhra Pradesh	26	41.2	12.85	1624	409	19.7	9.10	180	155.0
Maharashtra	37	48.3	25.83	1606	736	24.5	12.54	248	482.6
Gujarat	32	50.2	17.97	1792	711	22.2	10.37	238	322.5
Madhya Pradesh	34	52.2	23.61	1597	673	21.9	12.07	109	119.4
West Bengal	46	36.2	14.29	1384	490	20.2	8.57	353	482.7
Uttar Pradesh	31	42.6	19.56	1378	569	18.5	9.04	140	186.3
Recommended levels		50.0		2500		35.0		750	

TABLE:35

nnNNMB - INTAKE OF NUTRIENTS PER DAY - 16-18 YEARS - BOYS - (197 5-78)

45

State	N	Proteins (g)		Calories (kcal)		Iron (mg)		Vitamin-A (µg)	
		Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.
Kerala	17	44.9	10.04	1591	380	18.1	3.04	113	35.6
Tamil Nadu	8	46.9	13.58	1967	649	24.7	9.19	178	182.3
Karnataka	25	66.0	26.21	2362	703	39.0	15.43	222	169.6
Andhra Pradesh	16	53.6	14.64	2004	395	21.8	5.32	206	222.6
Maharashtra	23	56.2	29.39	1883	899	32.5	17.23	271	415.5
Gujarat	17	57.2	19.14	2060	617	23.7	8.41	316	304.5
Madhya Pradesh	11	62.9	21.14	1895	545	23.3	12.29	149	63.3
West Bengal	27	54.2	38.91	1848	696	29.7	22.50	385	630.7
Uttar Pradesh	24	74.2	37.94	2229	1027	32.5	14.25	216	236.9
Recommended levels		60.0		3000		25.0		750	

TABLE 36

NNMB - INTAKE OF NUTRIENTS PER DAY-16-18 YEARS - GIRLS - (197 5-78)

State	N	Proteins (g)		Calories (kcal)		Iron (mg)		Vitamin-A (µg)	
		Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.
Kerala	16	32.2	11.23	1327	423	15.0	6.35	134	195.1
Tamil Nadu	15	44.2	19.46	1846	592	23.4	10.32	208	220.8
Karnataka	17	56.4	16.59	2131	433	34.2	11.49	271	254.2
Andhra Pradesh	5	56.0	21.41	2017	639	26.8	11.52	138	53.5
Maharashtra	20	46.7	18.40	1601	562	26.7	11.86	274	343.8
Gujaratt	15	42.8	16.67	1626	517	20.5	11.04	449	844.8
Madhya Pradesh	16	52.5	15.27	1618	510	24.4	6.92	152	165.2
West Bengal	18	40.4	13.49	1524	459	19.3	6.49	377	729.6
Uttar Pradesh	19	61.0	24.87	1804	585	24.3	11.32	111	97.7
Recommended levels		50.0		2200		35.0		750	

TABLE 37

NNMB - INTAKE OF NUTRIENTS PER DAY - ADULTS MALES (SEDENTARY) - (1975-78)

46

State	N	Proteins (g)		Calories (Kcal)		Iron (mg)		Vitamin A ( $\mu$ g)	
		Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S. D.
Kerala	56	50.1	20.90	1046	754	21.3	8.30	216	272.0
Tamil Nadu	122	54.7	23.05	2123	713	26.9	13.64	218	186.1
Karnataka	243	71.4	29.40	2676	940	42.0	19.32	252	251.1
Andhra Pradesh	189	52.1	22.00	2060	712	22.7	9.58	232	194.5
Maharashtra	272	62.6	30.65	2088	940	32.0	16.93	327	353.1
Gujarat	217	61.5	24.35	2180	779	26.6	13.35	448	764.4
Madhya Pradesh	145	60.4	24.02	1854	596	24.4	12.17	134	108.4
West Bengal	110	55.9	25.33	2030	758	28.0	16.38	399	533.3
Uttar Pradesh	170	74.0	38.57	2220	995	31.1	15.87	216	516.5
Recommended Levels		55.0		2400		20.0		750	

TABLE 38

NNMB - INTAKE OF NUTRIENTS PER DAY - ADULT MALES (MODERATE) - (1975-78)

State	N	Proteins (g)		Calories (kcal)		Iron (mg)		Vitamin A ( $\mu$ g)	
		Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.
Kerala	145	42.6	20.63	1704	741	19.0	8.01	144	193.4
Tamil Nadu	150	59.0	32.99	2290	1063	32.2	21.26	186	172.0
Karnataka	216	75.9	36.00	2788	1081	46.3	21.69	240	253.3
Andhra Pradesh	127	52.6	22.37	2155	751	26.9	13.15	195	238.4
Maharashtra	111	67.3	29.50	2207	859	37.4	16.02	285	458.1
Gujarat	126	64.4	30.13	2218	893	27.9	15.70	331	723.2
Madhya Pradesh	52	62.1	23.29	1930	591	27.6	12.36	114	155.3
West Bengal	152	55.2	26.43	2000	759	30.4	16.97	514	777.2
Uttar Pradesh	185	73.3	36.71	2150	880	32.3	18.76	303	866.7
Recommended Levels		55.0		2800		20.0		750	

TABLE 39  
 NNMB - INTAKE OF NUTRIENTS PER DAY - ADULT MALES (HEAVY) - (1975-'78)

4  
7

State	N	Proteins (g)		Calories (kcal)		Iron (mg)		Vitamin A (µg)	
		Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.
Kerala	-	-	-	-	-	-	-	-	-
Tamil Nadu	3	57.1	52.04	2099	1547	35.3	26.79	233	129.7
Karnataka	5	56.7	25.26	2193	859	32.9	14.69	184	159.3
Andhra Pradesh	-	-	-	-	-	-	-	-	-
Maharashtra	5	48.9	21.91	1726	683	30.2	8.23	291	400.5
Gujarat	13	50.6	12.30	1880	502	20.7	8.53	397	690.4
Madhya Pradesh	-	-	-	-	-	-	-	-	-
West Bengal	2	69.6	38.18	2259	491	49.2	37.61	597	95.9
Uttar Pradesh	-	87.0	3.60	2579	157	38.5	3.53	90	29.0
Recommended Levels		55.0		3900		20.0		750	

TABLE 40  
 NNMB - INTAKE OF NUTRIENTS PER DAY - ADULT FEMALES (SEDENTARY) - (1975-'78)

State	N	Proteins (g)		Calories (kcal)		Iron (mg)		Vitamin A (µg)	
		Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.
Kerala	255	34.2	11.93	1387	534	14.8	4.72	133	307.4
Tamil Nadu	184	43.8	17.02	1739	593	22.5	10.97	177	149.2
Karnataka	301	63.6	32.90	2333	892	37.2	18.07	225	255.1
Andhra Pradesh	226	45.1	17.81	1798	607	20.6	8.23	200	173.8
Maharashtra	296	53.3	21.64	1816	684	28.5	12.68	273	312.0
Gujarat	226	49.5	18.76	1748	645	21.2	11.64	340	605.1
Madhya Pradesh	143	57.3	24.08	1777	617	23.9	13.21	134	240.9
West Bengal	176	43.4	17.12	1595	54	23.7	12.90	455	809.6
Uttar Pradesh	297	57.4	28.52	1731	778	25.1	14.76	225	513.9
Recommended Levels		45.0		1900		30.0		750	

NNMB - INTAKE OF NUTRIENTS PER DAY - ADULT FEMALES (MODERATE) - (1975-  
'78)

Stats	N	Proteins (g)		Calories (kcal)		Iron (mg)		Vitamin A (µg)	
		Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.
Kerala	27	25.6	12.24	1141	350	12.2	4.78	64	30.2
Tamil Nadu	47	52.9	35.01	1929	1024	28.7	19.83	132	107.0
Karnataka	38	72.0	35.09	2439	862	44.1	19.45	327	393.6
Andhra Pradesh	51	50.9	20.19	1976	610	26.4	12.40	173	180.9
Maharashtra	17	52.6	18.17	1809	581	31.8	12.64	175	199.3
Gujarat	31	47.5	17.07	1719	591	20.7	9.47	192	394.0
Madhya Pradesh	11	53.2	23.70	1704	608	25.5	7.21	62	44.1
West Bengal	13	39.6	26.47	1452	835	30.6	30.93	650	765.0
Uttar Pradesh	6	68.5	32.83	1873	782	35.7	13.03	438	869.5
Recommended Levels		45.0		2200		30.0		750	

TABLE 42

NNMB - INTAKE OF NUTRIENTS - PREGNANT ADULT FEMALES - SEDENTARY - 1975-'78

State	N	Proteins (g)		Calories (kcal)		Iron (mg)		Vitamin A (µg)	
		Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.
Kerala	4	29.4	13.06	1199	200	13.2	3.32	70	30.4
Tamil Nadu	6	35.2	17.68	1302	712	19.4	11.62	227	269.4
Karnataka	9	79.4	26.68	2523	682	47.9	15.23	230	122.4
Andhra Pradesh	8	47.1	17.00	1802	512	18.2	8.33	214	193.2
Maharashtra	7	49.0	14.78	1664	496	26.7	16.33	501	708.7
Gujarat	20	45.8	20.38	1713	667	20.1	9.76	217	163.4
Madhya Pradesh	5	40.1	18.08	1454	216	19.7	5.12	164	89.2
West Bengal	10	64.7	24.71	1908	470	26.1	9.77	216	211.4
Uttar Pradesh	2	49.6	19.02	1373	292	17.9	9.05	123	49.8
Recommended Levels		55.0		2200		40.0		750	

TABLE 43

NNMB - INTAKE OF NUTRIENTS PER DAY - LACTATING FEMALES - SEDENTARY - (1975- '78)

4  
9

State	N	Proteins (g)		Calories (kcal)		Iron (mg)		Vitamin A ( $\mu$ )	
		Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.
Kerala	38	31.6	9.22	1272	345	13.3	3.45	85	37.4
Tamil Nadu	42	47.8	19.33	1831	623	23.4	10.29	181	169.1
Karnataka	80	67.8	32.61	2422	965	39.2	17.66	235	215.1
Andhra Pradesh	23	50.4	17.41	1916	599	22.3	8.78	209	166.3
Maharashtra	53	57.3	30.86	1928	948	29.9	15.45	317	413.9
Gujarat	73	54.1	20.03	1894	561	25.0	10.30	295	383.6
Madhya Pradesh	32	67.6	23.37	2057	595	28.3	15.53	161	139.8
West Bengal	64	45.2	25.41	1631	627	23.7	12.96	388	571.0
Uttar Pradesh	12	58.4	20.72	1695	558	28.9	25.82	576	1589.1
Recommended Levels		65.0		2800		30.0		1150	

TABLE

44

NNMB - INTAKE OF NUTRIENTS PER DAY - LACTATING FEMALES - MODERATE - (1975-'78)

State	N	Proteins (g)		Calories (kcal)		Iron (mg)		vitamin A ( $\mu$ g)	
		Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.
Kerala	1	50.9	-	1445	-	23.2	-	33	-
Tamil Nadu	8	59.8	22.79	1935	603	27.5	10.23	144	77.3
Karnataka	7	53.0	29.88	1951	1046	35.9	18.52	178	148.1
Andhra Pradesh	5	58.5	21.04	2317	712	30.9	17.55	394	489.3
Maharashtra	7	49.4	19.08	1598	692	27.3	12.63	80	49.9
Gujarat	8	65.4	30.99	2141	681	34.3	26.03	703	1601.4
Madhya Pradesh	1	82.0	-	2601	-	38.3	-	73	-
West Bengal	6	43.8	23.52	1608	516	19.8	12.90	186	179.1
Uttar Pradesh	-	-	-	-	-	-	-	-	-
Recommended Levels		65.0		2900		30.0		1150	

TABLE 45

NNMB - PERCENTILE VALUES OF CALORIES (KCal) AND PROTEINS (gms) INTAKES PER DAY  
IN DIFFERENT AGE-GROUPS.

1975-78

50

Percentiles		1+	2+	3+	4-7	7-10	10-13	13-16		16-18	
								Boys	Girls	Boys	Girls
10th	CALORIES	192	360	408	600	720	840	875	858	1140	968
	PROTEINS	4.2	9.2	12.2	14.3	17.4	21.3	23.1	21.0	30.0	25.5
25th	CALORIES	300	528	564	765	936	1092	1175	1210	1620	1320
	PROTEINS	7.1	14.2	16.4	20.5	25.1	29.1	31.9	32.0	42.6	35.0
50th	CALORIES	504	756	780	1080	1224	1407	1600	1540	1920	1694
	PROTEINS	12.6	22.1	23.1	28.8	34.6	40.0	45.1	41.0	54.6	44.5
75 th	CALORIES	810	1068	1092	1365	1611	1785	2125	1958	2400	1958
	PROTEINS	22.8	31.5	33.6	39.6	47.5	52.6	57.2	56.0	69.0	55.6
90 th	CALORIES	1176	1344	1386	1732	2322	2310	2700	2376	3000	2376
	PROTEINS	32.3	39.6	44.0	48.4	67.0	69.7	79.7	72.5	94.2	73.6
RECOMMENDED LEVELS		17	18	20	22	33	41	55	50	60	50
		1200	1200	1200	1500	1800	2100	2500	2200	3000	2200

TABLE 46

NNMB - PERCENTILE VALUES OF CALORIES (KCal) AND PROTEINS (gms)

INTAKES PER SAT IN ADULT POPULATION

1975 - 78.

Percentiles		Male		Female		Pregnant		Lactating	
		Sedentary	Moderate	Sedentary	Moderate	Sedentary	Moderate	Sedentary	Moderate
10 th	CALORIES	1248	1204	988	946	1078	1100	1014	1131
	PROTEINS	51.9	29.7	25.2	22.1	28.0	24.2	27.2	27.3
29th	CALORIES	1584	1680	1292	1232	1298	1250	1378	1450
	PROTEINS	42.9	40.2	33.8	31.5	32.5	27.5	35.1	35.1
50th	CALORIES	2040	2044	1691	1738	1672	1675	1768	1972
	PROTEINS	56.7	52.5	45.9	45.9	42.9	38.5	47.5	47.5
75th	CALORIES	2592	2660	2166	2310	2178	1750	2340	2501
	PROTEINS	75.4	76.5	60.8	63.5	64.9	44.0	68.3	71.5
90th	CALORIES	3288	5444	2736	2860	2640	2125	2834	2581
	PROTEINS	97.9	104.5	81.0	85.5	77.0	67.7	89.7	89.7
RDA	CALORIES	2400	2800	1900	2200	220	2500	2600	2900
	PROTEINS	55	55	45	45	55	55	65	65

TABLE 47

NNMB - PERCENTILE VALUES OF CALORIES (Kcal) AND PROTEINS (gms) INTAKES PER DAY  
(EXPRESSED AS % OF RDA) IN DIFFERENT AGE-GROUPS

51

Percentiles		1+	2+	3+	4-7	7-10	10-13	13-16		16-18	
								Soya	Girls	Boys	Girls
10 th	CALORIES	16	30	34	40	40	40	35	39	38	44
	PROTEINS	24	51	61	65	53	52	42	42	50	44
25th	CALORIES	25	44	47	51	52	52	47	55	54	60
	PROTEINS	42	79	82	93	76	71	58	64	71	70
50 th	CALORIES	42	63	65	72	68	67	64	65	64	77
	PROTEINS	74	123	115	131	115	197	82	82	91	89
75th	CALORIES	68	89	91	91	89	85	85	89	80	89
	PROTEINS	134	175	168	180	144	128	104	112	115	111
90th	CALORIES	98	112	115	115	129	110	108	108	100	108
	PROTEINS	190	220	220	220	203	170	145	148	157	147
R.D.A.		1200	1200	1200	1500	1800	2100	2500	2200	3000	2200
		17	18	20	22	33	41	55	50	60	50

TABLE 48

NNMB - PERCENTILE VALUES OF CALORIES (KCal) AND PROTEINS (gms)  
INTAKES (EXPRESSED AS % OF RDA) PER DAY IN ADULT POPULATION  
1975 - 78

Percentiles		Male		Female		Pregnant		Lactating	
		Sedentary	Moderate	Sedentary	Moderate	Sedentary	Moderate	Sedentary	Moderate
10th	CALORIES	52	43	52	43	49	44	59	39
	PROTEINS	55	54	56	49	51	44	42	42
25th	CALORIES	66	60	68	56	59	50	53	50
	PROTEINS	78	73	75	70	61	50	54	54
50th	CALORIES	85	73	89	79	76	67	68	68
	PROTEINS	103	95	102	102	78	70	73	73
75th	CALORIES	108	95	114	105	99	70	90	69
	PROTEINS	137	139	135	141	118	80	105	110
90th	CALORIES	137	123	144	130	120	85	109	138
	PROTEINS	178	190	180	190	140	123	138	138
RDA	CALORIES	2400	2800	1900	2200	2200	2500	2600	2900
	PROTEINS	55	55	45	45	55	55	65	65



TABLE 49 (A)  
PROTEIN CALORIE ADEQUACY IN CHILDRE ( 1-4 Years)

(1975-79)

52

State	N	P C - -	P C - +	P C + -	P C + +
Kerala	119	36.1	-	80.4	13.4
Tamil Nadu	168	13.1	0.6	42.3	44.0
Karnataka	269	12.3	-	36.4	51.3
Andhra Pradesh	203	16.7	-	46.3	35.0
Maharashtra	159	15.7	-	48.4	35.8
Gujarat	138	5.1	-	44.2	50.7
Madhya Pradesh	101	9.9	-	44.6	45.5
Orissa	44	22.7	-	38.6	38.6
West Bengal	131	8.4	-	58.8	32.8
Uttar Pradesh	180	17.2	-	60.0	22.8
<i>Average</i>		<i>15.2</i>	<i>0.1</i>	<i>46.8</i>	<i>45.9</i>

TABLE 49 (B)

PROTEIN CALORIE ADEQUACY IN CHILDREN (4-13 years)

(1975-79)

State	N	P C - -	P C - +	P C + -	P C + +
Kerala	375	25.3	0.3	56.5	17.9
Tamil Nadu	397	9.3	-	43.6	47.1
Karnataka	786	2.7	-	26.6	70.6
Andhra Pradesh	431	8.6	-	80.1	42.3
Maharashtra	673	6.7	-	46.4	46.9
Gujarat	372	4.0	-	43.0	53.0
Madhya Pradesh	310	11.0	-	48.4	40.6
Orissa	187	19.3	-	27.8	52.9
West Bengal	441	11.1	-	57.6	31.3
Uttar Pradesh	520	10.2	0.4	51.7	37.7
<i>Average</i>		<i>9.4</i>	<i>0.1</i>	<i>44.2</i>	<i>45.9</i>

NNMB - PROTEIN CALORIE ADEQUACY - (13-18 YRS)  
(1975 - 79)

State	n	P C - -	P C - +	P C + -	P C + +
Kerala	155	35.5	1.3	47.1	16.1
Tamilnadu	97	20.6	-	24.7	54.7
Karnataka	159	8.8	-	18.2	73.0
Andhra Pradesh	78	18.0	-	41.0	41.0
Maharashtra	177	16.9	0.6	45.2	37.3
Gujarat	116	11.2	-	33.6	55.2
Madhya Pradesh	102	13.7	-	44.1	42.2
Orisaa	72	27.8	-	19.4	52.8
Wast Bengal	159	22.6	-	37.8	39.6
Uttar Pradesh	157	10.8	-	44.0	45.2
Average		18.6	0.2	35.5	45.7

TABLE 49 (D)

NNMB - PROTEIN CALORIE ADEQUACY - ADULT MALE  
(1975 - 79)

State	n	P C	P C - +	P C + -	P C
Kerala	319	19.7	1.3	41.1	37.9
Tamilnadu	350	7.7	-	27.1	65.2
Karnataka	608	4.3	0.3	14.5	80.9
Andhra Pradesh	356	9.8	-	25.8	64.4
Maharashtra	506	9.7	-	30.6	59.7
Gujarat	421	4.0	-	31.2	54.8
Madhya Pradesh	246	12.2	-	36.2	51.6
Orisaa	183	14.2	-	28.4	57.4
West Bengal	302	8.6	-	37.1	54.3
Uttar Pradesh	471	7.8	-	23.9	63.3
Average		9.8	0.2	30.1	59.9

TABLE 49 (E)

HNMB - PROTEIN CALORIE ADEQUACY - ADULT FEMALE (NPML)  
(1975-79)

State	N	P-C	P-C+	P-C-	P-C+
Kerala	401	23.7	3.2	27.2	45.9
Tamilnadu	291	9.6	0.3	15.8	74.2
Karnataka	460	3.9	0.2	6.5	89.3
Andhra Pradesh	329	7.3	--	11.2	81.5
Maharashtra	416	7.0	--	20.9	72.1
Gujarat	322	4.3	--	23.0	72.7
Madhya Pradesh	194	7.7	--	21.1	71.2
Orissa	158	16.4	--	7.6	76.0
West Bengal	211	10.9	--	27.5	61.6
Uttar Pradesh	404	9.2	--	23.0	67.8
Average		10.0	0.4	18.4	71.2

TABLE 49 (F)

HNMB - PROTEIN CALORIE ADEQUACY - ADULT FEMALE (LACTATING)  
(1975-79)

State	N	P-C-	P-C+	P+C-	P+C+
Kerala	45	62.2	--	33.3	4.5
Tamil Nadu	71	28.2	--	25.3	46.5
Karnataka	112	13.4	--	21.4	65.2
Andhra Pradesh	52	19.2	--	25.0	55.8
Maharashtra	88	20.5	--	40.9	38.6
Gujarat	99	12.1	1.0	36.4	50.5
Madhya Pradesh	40	17.5	--	20.0	62.5
Orissa	15	53.3	--	20.0	26.7
West Bengal	82	42.7	--	32.9	24.4
Uttar Pradesh	39	23.1	--	25.6	51.3
Average		29.2	0.1	28.1	42.6

TABLE 49 (G)

HNMB - PROTEIN CALORIE ADEQUACY - INDIVIDUALS  
(1975-79)

State	N	PC --	PC --+	PC +-	PC ++
Kerala	1414	26.8	1.4	42.4	29.4
Tamil Nadu	1374	11.2	0.1	31.1	57.6
Karnataka	2384	6.3	0.1	20.0	74.6
Andhra Pradesh	1449	10.9	-	33.3	55.8
Maharashtra	2019	9.7	0.1	37.0	63.2
Gujarat	1466	8.3	0.1	34.1	60.5
Madhya Pradesh	993	11.1	-	36.1	50.8
Orissa	679	19.1	-	22.7	58.2
West Bengal	1326	13.6	-	44.3	42.1
Uttar Pradesh	1771	10.4	0.1	38.7	50.8
Average		12.3	0.2	34.2	53.3

TABLE-89

PROTEIN AND ENERGY INTAKE ACCORDING TO LAND OWNERSHIP FOR DIFFERENT STATES  
 POOLED (1975-76)

State	No land		5 acres		5-10 acres		7/10 acres					
	Proteins	Calories	Proteins	Calories	Proteins	Calories	Proteins	Calories				
	n	Mean S.D.	n	Mean S.D.	n	Mean S.D.	n	Mean S.D.				
Kerala	85	44.2 ± 15.68	1874 ± 524	893	44.3 ± 15.52	1904 ± 503	22	57.5 ± 19.71	2232 ± 564	13	34.6 ± 14.97	1589 ± 424
Tamilnadu	363	52.3 ± 20.17	2108 ± 662	352	56.6 ± 21.57	2320 ± 788	109	66.7 ± 22.07	2671 ± 874	78	67.2 ± 20.47	2718 ± 829
Karnataka	302	63.3 ± 24.67	2312 ± 732	410	65.3 ± 20.07	2576 ± 685	181	76.3 ± 20.60	2860 ± 683	231	86.5 ± 24.82	3099 ± 756
Andhra Pradesh	398	53.8 ± 18.39	2274 ± 700	305	59.7 ± 17.97	2480 ± 584	104	72.3 ± 21.73	2824 ± 645	179	74.3 ± 24.28	2974 ± 872
Maharashtra	360	58.8 ± 19.78	2006 ± 653	260	62.5 ± 21.45	2178 ± 729	142	65.7 ± 20.59	2251 ± 759	283	73.8 ± 22.57	2517 ± 738
Gujarat	422	57.2 ± 17.92	1999 ± 584	346	60.1 ± 18.67	2042 ± 590	171	64.5 ± 19.70	2234 ± 660	218	70.6 ± 20.67	2444 ± 687
Madhya Pradesh	92	58.0 ± 21.09	1977 ± 588	108	59.9 ± 19.07	1939 ± 535	90	67.1 ± 19.21	2108 ± 483	146	74.5 ± 22.57	2403 ± 666
West-Bengal	202	48.7 ± 23.29	1866 ± 767	467	59.2 ± 23.33	2346 ± 877	78	76.3 ± 22.14	3055 ± 735	29	75.2 ± 23.27	3052 ± 912
Uttar Pradesh	294	64.2 ± 24.57	1991 ± 703	385	66.2 ± 21.09	2116 ± 636	117	73.9 ± 22.04	2227 ± 661	68	77.7 ± 20.93	2377 ± 683

\* PER CONSUMPTION UNIT PER DAY

TABLE-51

NNMB- CALORIE AND PROTEIN INTAKE\* ACCORDING TO POSSESSION OF MILCH/NON-MILCH CATTLE AT HOME

FOR DIFFERENT STATES

POOLED (1975-78)

State	No. cattle at home			Milch/Non-milch cattle at home						
	n	Proteins		n	Proteins					
		Mean	S .D.		Mean	S .D.				
		Mean	S .D.		Mean	S .D.				
Kerala	610	41.6	± 15.13	1873	± 487	403	48.8	± 15.70	2033	± 513
Tamilnadu	436	53.5	± 21.11	2166	± 731	466	60.3	± 21.57	2488	± 807
Karnataka	387	64.8	± 24.01	2398	± 751	737	74.1	± 23.66	2795	± 739
Andhra Pradesh	453	54.4	± 18.39	2290	± 692	533	67.5	± 22.04	2721	± 742
Maharashtra	356	59.3	± 20.78	2040	± 717	689	67.5	± 21.93	2313	± 732
Gujarat	349	55.6	± 17.65	1974	± 568	808	64.3	± 19.73	2198	± 656
Madhya Pradesh	88	60.0	± 23.69	1978	± 582	348	67.4	± 21.01	2178	± 617
West Bengal	248	48.7	± 22.39	1911	± 823	526	63.5	± 24.13	2529	± 847
Uttar Pradesh	302	63.2	± 23.69	1990	± 691	562	69.6	± 22.04	2173	± 672

\* PER CONSUMPTION UNIT PER DAY.

TABLE-52

## NNMB-CALORIE AND PROTEIN INTAKE BY MAJOR OCCUPATION FOR DIFFERENT STATES

POOLED (1975-78)

State	Labourers			Cultivators			Others		
	n	Proteins	Calories	n	Proteine	Calorlee	n	Proteins	Calories
		Mean S.D.	mean S.D.		Mean S.D.	Mean S.D.		Mean S.D.	Mean S.D.
Kerala	414	37.7 ± 12.91	1718 ± 443	274	49.3 ± 16.00	2040 ± 498	325	49.0 ± 15.76	2015 ± 527
Tamilnadu	243	49.6 ± 20.85	2012 ± 699	294	62.4 ± 22.32	2548 ± 860	365	57.7 ± 20.14	2321 ± 704
karnataka	324	63.2 ± 24.08	2338 ± 730	557	77.0 ± 23.75	2901 ± 739	243	67.0 ± 21.54	2526 ± 684
Andhra Pradesh	342	55.7 ± 18.60	2358 ± 675	375	70.4 ± 22.98	2805 ± 784	269	55.9 ± 17.93	2338 ± 653
Maharastra	222	57.5 ± 21.30	1948 ± 730	450	70.3 ± 22.87	2413 ± 764	373	62.3 ± 19.18	2150 ± 642
Gujarat	226	56.9 ± 18.73	1941 ± 601	604	65.0 ± 19.40	2219 ± 639	327	58.8 ± 19.22	2097 ± 633
Madhya Pradesh	72	57.3 ± 19.85	1905 ± 528	278	69.5 ± 21.72	2221 ± 623	86	61.5 ± 21.06	2059 ± 601
West-Bengal	190	46.7 ± 22.98	1806 ± 779	396	63.3 ± 24.30	2543 ± 864	188	61.3 ± 22.63	2414 ± 826
Uttar Pradesh	215	64.4 ± 23.89	200 ± 691	444	69.9 ± 22.90	2192 ± 696	205	65.1 ± 20.91	2043 ± 627

• PER CONSUMPTION UNIT PER DAY.

TABLE-53

MMR CALORIE AND PROTEIN INTAKE FOR HARIJAN, TRIBES AND OTHERS BY DIFFERENT STATES  
 POOLED (1975-78)

State	Harijans			Tribes			Others		
	n	Proteins	Calories	n	Proteins	Calories	n	Proteins	Calories
		Mean S.D.	Mean S.D.		Mean S.D.	Mean S.D.		Mean S.D.	Mean S.D.
Kerala	52	34.8 ± 10.79	1608 ± 577	-	---	---	960	45.0 ± 15.83	1916 ± 511
Tamilnadu	132	49.8 ± 19.33	2020 ± 688	4	50.1 ± 8.13	2439 ± 537	766	58.3 ± 21.80	2361 ± 790
Karnataka	209	65.2 ± 25.50	2343 ± 727	17	70.9 ± 26.66	2435 ± 715	898	72.2 ± 23.65	2736 ± 757
Andhra Pradesh	299	58.2 ± 18.34	2458 ± 646	4	51.9 ± 18.82	2450 ± 855	683	62.8 ± 22.52	2551 ± 784
Maharashtra	133	57.0 ± 22.19	1901 ± 722	70	66.9 ± 22.50	2202 ± 734	842	65.7 ± 21.56	2272 ± 729
Gujarat	175	62.1 ± 19.09	2104 ± 541	34	56.5 ± 15.56	1897 ± 396	948	61.8 ± 19.73	2144 ± 661
Madhya Pradesh	53	62.0 ± 21.83	1965 ± 603	78	63.7 ± 20.45	1995 ± 576	305	67.1 ± 22.07	2204 ± 616
West-Bengal	222	54.6 ± 25.69	2141 ± 914	41	49.4 ± 17.01	2122 ± 719	511	61.3 ± 24.19	2430 ± 873
Uttar Pradesh	89	63.5 ± 23.22	2083 ± 781	-	---	---	774	67.9 ± 22.72	2113 ± 671

\* PER CONSUMPTION UNIT PER DAY.

TABLE-54

NNMB CALORIE AND PROTEIN INTAKE\* ACCORDING TO CROP RAISED FOR DIFFERENT STATES

POOLED (1975-78)

State	No crop raised			Some crop raised		
	n	Proteins	Calories	n	Proteins	Calories
		Mean S .D.	Mean S .D.		Mean S .D.	Mean S .D.
Kerala	261	40.2 ± 14.40	1752 ± 481	752	45.9 ± 15.95	1952 ± 508
Tamilnadu	410	53.5 ± 20.89	2146 ± 706	492	59.9 ± 21.79	2449 ± 819
Karnataka	306	63.5 ± 24.45	2315 ± 730	818	73.6 ± 23.52	2786 ± 740
Andhra Pradesh	416	53.9 ± 16.13	2278 ± 692	570	66.8 ± 21.99	2701 ± 733
Maharashtra	377	58.8 ± 19.83	2005 ± 656	668	68.1 ± 22.28	2341 ± 754
Gujarat	485	57.4 ± 18.17	1999 ± 590	672	64.7 ± 19.91	2225 ± 656
Madhya Pradesh	91	58.2 ± 21.13	1977 ± 592	345	67.9 ± 21.55	2179 ± 615
West Bengal	205	47.5 ± 21.96	1844 ± 755	569	62.8 ± 24.22	2507 ± 866
Uttar Pradesh	300	64.3 ± 24.52	1990 ± 706	564	69.0 ± 21.70	2172 ± 664

\* PER CONSUMPTION UNIT PER DAY



TABLE-55 (A)

NNMB - KERALA - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (MALES) - 1974-79

60

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	64.02	5.97	9.33	6.47	1.33	20.37	12.54	1.42	11.35	9.26	2.81	30.38	65
01	73.07	6.26	8.56	8.27	1.43	17.28	12.98	1.54	11.94	8.67	3.34	35.11	105
02	81.37	4.68	5.75	9.92	1.29	13.03	13.26	1.26	9.52	8.25	2.44	29.76	124
03	87.33	7.08	8.11	11.14	1.71	15.33	13.65	1.41	10.36	8.52	2.82	33.09	127
04	93.56	6.16	6.59	12.60	1.83	14.49	14.04	1.41	9.32	8.18	2.56	31.30	174
05	99.93	8.26	8.06	14.01	2.63	18.77	14.05	1.13	8.03	7.07	2.34	32.99	161
06	105.35	7.39	7.01	15.38	2.62	17.03	14.32	1.17	8.18	6.58	2.09	31.82	137
07	109.67	8.77	7.36	16.25	2.29	14.79	14.48	1.39	9.60	6.64	2.35	35.34	135
08	115.52	7.57	6.55	18.57	4.14	22.31	15.19	2.33	15.31	6.38	2.52	39.58	183
09	120.01	6.47	5.72	19.74	2.68	13.60	15.32	1.57	10.27	6.35	2.39	37.61	118
10	123.80	7.05	5.69	21.20	3.14	14.82	15.41	1.60	10.39	5.74	2.04	35.55	200
11	127.67	7.51	5.88	23.08	3.19	13.79	15.91	1.37	8.61	6.10	2.28	37.42	156
12	131.41	7.62	5.80	24.44	3.88	15.86	16.47	1.72	10.42	6.10	2.36	38.76	303
13	135.53	7.97	5.91	26.63	4.09	15.34	17.05	1.76	10.30	6.30	2.41	38.24	213
14	141.93	8.73	6.15	30.22	5.05	16.73	17.84	1.84	10.33	6.28	2.33	37.06	216
15	146.75	9.72	6.53	32.86	7.06	21.49	18.86	2.31	12.26	6.61	2.17	32.85	131
16	152.24	9.69	6.37	37.49	7.28	19.42	19.96	2.17	10.88	6.08	2.08	34.28	132
17	158.02	8.32	5.26	42.31	7.01	16.56	21.52	2.29	10.69	6.07	2.21	36.43	91
18	160.68	7.23	4.52	43.73	6.41	14.67	21.97	2.05	9.33	6.47	2.87	44.37	86
19	160.00	8.12	5.38	44.05	5.78	13.13	22.36	1.95	8.71	6.58	2.56	38.97	50
20-24	162.40	7.29	4.49	48.06	5.92	12.31	23.31	2.05	8.79	6.24	2.62	42.05	308
25-29	162.07	7.19	4.38	48.80	6.70	13.73	23.93	2.08	8.68	6.03	2.71	44.87	232
30-34	160.75	6.58	4.09	48.46	7.31	15.79	24.23	2.12	8.77	6.41	2.90	45.16	146
35-39	160.85	6.96	4.33	47.95	7.69	16.03	23.81	2.27	9.53	6.83	3.09	51.29	161
40-44	161.75	6.12	3.78	48.85	7.42	15.14	23.98	2.30	9.58	6.12	2.83	46.26	170
45-49	160.01	6.98	4.36	46.81	7.28	15.55	23.44	2.38	10.17	6.29	2.75	43.75	137
50-54	163.51	6.37	3.97	48.38	7.99	16.51	23.27	2.70	11.60	7.03	3.75	53.37	114
55-59	160.01	5.91	3.69	47.57	7.48	15.72	23.50	2.53	10.78	7.04	3.37	47.84	91
>=60	159.34	6.85	4.30	45.95	8.33	18.12	22.33	2.87	12.87	6.76	3.17	46.86	189

TABLE- 55 (B)

NNMB - KERALA - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (FEMALES) - 1974-79

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	62.78	6.35	10.12	6.39	1.32	20.57	12.62	1.37	10.89	9.17	2.51	27.42	65
01	71.46	5.23	7.32	7.80	1.24	15.94	12.74	1.22	9.59	8.63	2.82	32.67	99
02	79.67	6.10	7.66	9.37	1.43	15.32	12.85	1.43	11.10	8.18	2.62	32.08	120
03	86.57	6.01	6.94	10.93	1.42	13.04	13.63	1.02	7.48	8.84	2.93	33.13	129
04	92.62	6.50	7.02	12.24	1.60	13.08	13.95	1.14	8.18	8.80	2.65	30.09	139
05	99.76	6.75	6.77	13.81	2.03	14.71	14.07	1.25	8.89	7.74	2.41	31.19	128
06	103.88	8.13	7.82	14.72	2.30	15.60	14.12	1.30	9.20	6.92	2.26	32.69	119
07	110.11	6.84	6.21	16.54	2.64	15.96	14.44	1.27	8.77	6.74	2.28	33.90	126
08	113.66	8.35	7.99	17.56	2.94	16.77	14.76	1.19	8.57	6.62	2.15	32.51	139
09	119.12	6.76	5.68	19.29	2.96	15.34	15.77	1.41	9.36	6.58	2.50	38.03	112
10	122.68	8.43	6.87	21.43	4.45	20.76	15.62	1.59	10.16	7.40	6.55	(38.34)	142
11	126.75	7.26	5.73	23.21	3.91	16.85	16.50	1.85	11.23	7.51	2.52	33.53	92
12	131.57	9.42	7.16	25.04	5.07	20.26	16.80	1.77	10.55	6.83	2.34	34.30	167
13	135.42	9.34	6.90	28.04	5.66	20.17	17.69	1.76	9.93	7.45	2.35	31.58	97
14	141.35	9.68	6.85	31.71	7.31	23.06	18.73	2.31	12.34	8.10	3.05	37.62	120
15	144.36	9.43	6.76	34.96	7.02	20.08	19.76	2.14	10.85	8.95	3.45	39.56	85
16	147.08	6.61	4.50	38.89	6.16	15.84	21.01	2.19	10.44	9.88	3.87	39.11	111
17	148.72	6.76	4.54	40.78	5.86	14.36	21.79	2.15	9.76	11.23	3.98	35.42	69
18	149.37	6.58	4.41	41.43	6.06	14.62	21.75	2.43	11.15	10.29	4.05	39.32	123
19	149.49	5.97	3.99	43.17	5.85	13.55	22.28	2.12	9.54	10.41	4.31	41.44	83
20-24	150.06	6.08	4.06	42.69	5.51	12.90	22.11	2.31	10.47	9.38	3.97	42.35	491
25-29	149.79	5.67	3.79	42.65	5.82	13.64	22.13	2.29	10.34	8.89	4.11	46.22	446
30-34	149.53	5.96	3.99	42.57	6.15	14.44	22.53	2.51	11.15	9.11	4.07	44.72	312
35-39	149.05	5.68	3.81	42.22	6.91	16.38	22.47	2.55	11.78	8.78	4.07	46.29	306
40-44	148.30	6.47	4.37	41.18	7.62	18.51	22.14	2.74	12.39	9.43	4.67	49.51	226
45-49	148.11	6.01	4.06	41.32	7.86	19.03	21.86	2.71	12.40	9.17	5.09	55.45	206
50-54	147.45	5.79	3.93	41.23	7.84	19.01	21.92	2.72	12.46	9.93	5.11	51.44	149
55-59	146.98	6.43	4.37	40.15	7.92	19.73	21.76	2.75	12.45	9.59	5.47	58.84	98
>=60	145.92	6.28	4.30	38.76	7.21	18.67	21.10	2.54	12.05	7.96	3.71	46.55	223

TABLE-56 (A)

NNMB - TAMIL NADU - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (MALES) - 1974-79

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	64.64	7.89	12.20	6.47	1.94	29.96	11.63	1.45	12.49	8.66	2.31	26.73	184
01	73.48	9.32	12.74	8.45	3.67	43.49	12.21	1.18	9.70	8.57	2.35	27.42	176
02	80.15	8.12	10.13	9.55	1.73	18.16	12.47	1.48	11.85	8.41	2.12	25.21	169
03	86.15	8.25	9.57	11.04	2.03	18.36	13.15	1.23	9.31	9.27	2.30	24.79	210
04	94.34	9.14	9.69	12.84	3.13	24.39	13.42	1.28	9.55	8.76	2.42	27.64	225
05	100.80	4.87	4.83	14.10	1.80	12.79	13.55	1.03	7.62	7.91	2.28	28.84	159
06	106.38	6.92	6.50	15.43	2.21	14.30	13.71	1.13	8.25	7.26	2.82	27.79	166
07	110.45	8.27	7.49	16.67	2.97	17.83	13.93	1.18	8.43	7.13	2.02	28.27	202
08	115.78	6.72	5.81	18.25	2.40	13.13	14.16	1.13	7.98	6.81	1.94	28.51	178
09	120.00	6.19	5.16	19.93	2.98	14.94	14.72	1.22	8.28	6.45	1.58	24.47	192
10	124.91	6.47	5.18	21.83	3.12	14.31	14.12	1.31	8.68	6.41	1.81	28.27	216
11	129.40	6.71	5.19	23.49	3.54	15.06	15.74	2.04	12.98	6.59	2.21	33.58	158
12	133.79	6.76	5.05	25.49	3.85	15.10	16.13	1.63	10.09	6.65	2.22	33.35	242
13	138.69	6.50	4.69	27.84	3.76	13.51	16.67	1.59	9.52	6.66	2.86	30.98	204
14	144.59	8.08	5.59	31.74	6.27	19.75	17.55	2.26	12.88	6.87	2.28	31.99	126
15	147.53	7.61	5.16	33.05	5.57	16.85	18.21	4.15	22.80	6.54	2.01	30.69	127
16	153.82	8.16	5.31	38.35	6.02	15.69	19.33	1.87	9.69	6.64	1.93	29.11	156
17	159.98	6.90	4.31	42.83	5.43	12.67	20.43	1.73	8.47	7.15	2.06	28.82	134
18	159.47	9.05	5.68	43.69	6.12	14.00	21.01	1.83	8.71	7.42	2.34	31.60	110
19	161.59	6.89	4.26	46.50	5.55	11.93	21.72	1.81	8.34	7.12	2.16	30.27	112
20-24	162.17	6.81	4.20	47.48	6.07	12.78	22.14	1.91	8.61	6.68	2.41	36.04	453
25-29	163.01	6.65	4.08	49.76	7.58	15.23	22.70	2.08	9.16	7.28	3.59	40.32	348
30-34	161.80	7.57	4.68	49.48	7.72	15.60	22.67	2.29	10.12	7.24	3.40	46.93	285
35-39	162.75	6.15	3.78	50.30	7.89	15.69	22.79	2.37	10.41	7.54	3.84	50.96	359
40-44	163.07	6.64	4.07	52.36	9.29	17.75	23.19	2.47	10.64	8.33	4.69	56.31	254
45-49	163.36	6.59	4.03	51.44	9.67	18.80	23.00	2.61	11.33	7.68	4.16	54.22	253
50-54	162.96	5.89	3.61	52.36	9.81	16.74	23.34	2.61	11.16	8.51	4.45	52.29	149
55-59	162.12	5.51	3.40	50.15	8.77	17.49	22.63	2.61	11.55	7.73	3.69	47.79	125
>=60	161.19	6.41	3.98	48.36	9.41	19.45	22.82	3.22	14.62	7.84	3.50	44.60	241

TABLE-56 (B)

NNMB - TAMIL NADU - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (FEMALES) - 1974-79

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	65.92	45.81	69.49	6.09	4.90	80.55	11.18	1.57	14.01	8.93	5.70	63.86	185
01	71.80	5.75	8.00	8.05	4.13	51.33	11.74	1.52	12.99	8.47	2.11	24.86	149
02	80.17	10.43	13.01	9.40	2.93	31.14	12.48	1.38	11.09	9.16	2.47	27.01	193
03	85.43	8.46	9.91	10.40	1.72	16.41	12.87	1.37	10.67	8.60	2.52	26.24	206
04	90.82	14.73	16.21	12.02	1.69	14.02	13.35	1.37	10.29	8.15	2.33	25.41	208
05	99.50	9.60	9.65	13.67	1.84	13.45	13.60	1.06	7.81	8.45	2.24	26.57	146
06	104.33	5.90	5.65	14.56	2.38	16.38	13.86	1.19	8.60	8.46	6.67	78.86	130
07	109.42	6.33	5.51	16.20	2.28	14.04	14.00	1.04	7.43	7.59	2.34	30.75	168
08	115.07	5.94	5.16	18.00	3.56	19.77	14.48	1.15	7.98	7.50	2.09	27.87	169
09	120.05	8.11	6.76	19.56	2.68	13.71	14.94	1.41	9.45	7.44	2.16	29.24	143
10	125.10	7.40	5.91	21.81	3.20	14.68	15.64	1.59	10.16	7.67	2.27	28.55	176
11	128.81	7.24	5.62	23.47	3.45	14.71	15.88	1.27	8.02	7.78	2.25	28.94	143
12	134.04	7.66	5.71	26.71	4.77	17.84	16.95	2.04	12.08	8.41	3.28	38.01	191
13	140.02	7.81	5.54	30.04	5.56	18.50	17.62	2.19	12.45	8.22	2.40	29.13	137
14	146.14	7.88	5.39	35.42	5.92	16.71	18.79	2.23	11.86	8.82	3.77	38.34	123
15	147.83	6.01	4.06	38.11	5.72	15.02	19.97	2.25	11.30	10.76	4.29	39.83	183
16	148.65	5.63	3.79	39.82	5.78	14.51	20.50	2.26	11.00	11.69	4.09	35.03	130
17	150.23	5.10	3.40	41.33	4.19	10.13	21.09	1.95	8.79	11.65	3.27	28.87	93
18	150.82	5.25	3.48	42.34	5.53	13.07	21.46	3.69	17.77	11.84	4.09	34.57	117
19	151.47	5.60	3.70	43.04	4.83	11.22	21.60	2.10	8.74	12.13	4.05	33.41	91
20-24	151.22	5.77	3.82	43.08	5.99	13.91	20.84	1.99	9.44	10.83	4.28	39.41	442
25-29	151.34	5.63	3.73	43.00	6.48	15.07	21.22	3.01	14.14	10.64	4.75	44.64	493
30-34	150.76	5.24	3.47	43.19	6.80	15.78	21.46	2.52	11.73	11.07	5.87	53.07	341
35-39	150.76	5.39	3.58	44.17	8.01	18.15	21.83	2.58	11.80	11.71	5.79	44.42	347
40-44	149.82	10.97	7.32	44.62	9.23	20.69	21.74	3.10	14.26	12.37	6.44	52.85	204
45-49	149.77	10.65	7.11	44.09	8.69	19.72	22.01	3.03	13.76	11.95	5.55	46.45	211
50-54	149.27	5.37	3.60	41.72	7.98	19.13	21.27	2.45	13.40	11.13	5.32	47.78	124
55-59	149.41	6.66	3.79	42.82	8.33	21.88	21.42	2.84	13.74	11.77	6.48	55.12	129
>=60	148.42	6.12	4.12	40.88	7.94	19.81	21.53	2.56	12.45	9.85	4.58	46.47	197

TABLE-57 (A)

NNMB - KARNATAKA - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (MALES) - 1974-79

62

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	61.92	6.25	10.09	6.11	1.57	25.65	12.57	1.53	12.19	7.99	2.35	29.44	277
01	72.94	4.72	6.46	8.01	1.22	15.24	13.16	1.25	9.47	7.39	2.13	28.06	236
02	80.58	5.41	6.72	9.82	5.28	53.79	13.59	1.35	9.91	7.65	2.10	27.42	251
03	87.86	5.37	6.17	10.00	1.46	13.43	14.04	1.24	8.81	8.17	1.98	24.26	330
04	93.71	6.11	6.53	12.40	1.76	14.17	14.32	1.04	7.24	7.74	1.89	24.38	373
05	100.50	6.33	6.29	13.42	1.81	13.09	14.37	1.10	7.65	7.02	1.82	25.87	245
06	106.55	6.92	6.50	15.35	2.08	13.54	14.55	1.09	7.49	6.38	1.67	26.17	333
07	112.43	6.81	6.05	16.95	2.39	14.08	14.87	1.29	8.66	5.76	1.69	29.29	282
08	118.30	7.48	6.25	18.97	2.79	14.73	15.26	1.22	8.01	5.65	1.62	28.73	355
09	121.98	7.02	5.75	20.21	3.03	15.08	15.71	1.43	9.09	5.26	1.46	27.78	227
10	126.60	7.23	5.71	22.31	3.32	14.90	16.23	1.29	7.99	5.42	1.52	27.94	350
11	131.91	7.79	5.91	24.37	3.64	14.94	16.71	1.61	9.65	5.37	1.75	32.52	219
12	136.27	8.33	6.11	26.72	4.57	17.18	17.33	1.54	8.90	5.36	1.61	30.07	420
13	141.60	8.22	5.81	29.27	4.75	16.25	18.15	1.71	9.40	5.21	1.44	27.69	239
14	147.20	9.10	6.23	33.35	6.48	19.45	19.17	2.04	10.66	5.14	1.59	30.96	252
15	152.45	8.82	5.79	36.64	6.64	18.13	19.87	2.18	10.96	5.05	1.59	31.43	178
16	156.96	7.22	4.60	40.64	6.05	14.90	21.27	2.05	9.65	4.90	1.35	27.47	242
17	160.67	6.45	4.02	43.08	5.92	13.75	21.75	2.00	9.19	4.88	1.33	27.29	186
18	163.41	16.16	9.89	45.98	6.01	13.06	23.00	2.34	10.27	5.20	3.05	58.74	297
19	163.07	7.67	4.71	47.87	7.59	15.86	23.28	1.90	8.16	5.16	2.03	39.33	123
20-24	164.12	6.35	3.87	48.68	5.67	11.65	23.97	1.96	8.18	5.19	1.97	37.95	572
25-29	164.60	6.15	3.73	50.01	6.74	13.47	24.58	2.05	8.35	5.21	2.34	44.97	442
30-34	164.27	6.56	4.00	49.98	7.16	14.35	24.45	2.24	9.17	5.38	2.88	53.45	445
35-39	163.97	6.43	3.92	49.95	7.29	14.60	24.57	2.35	9.58	5.66	2.97	52.47	503
40-44	164.27	6.26	3.81	50.08	7.06	15.69	24.40	2.40	9.83	5.66	2.89	51.13	443
45-49	163.36	6.28	3.84	49.54	8.03	16.21	24.26	2.51	10.33	5.99	3.31	55.25	352
50-54	163.46	5.96	3.65	48.70	7.77	15.96	23.75	2.53	10.63	5.70	2.86	50.23	260
55-59	162.60	6.67	4.10	47.65	7.58	15.91	23.49	2.63	11.20	5.76	2.75	47.77	209
>=60	162.01	6.77	4.18	46.66	8.78	18.81	22.75	3.01	13.22	6.14	3.16	51.48	446

TABLE-57 (B)

NNMB - KARNATAKA - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (FEMALES) - 1974-79

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	60.57	5.76	9.51	5.75	1.94	33.78	12.21	1.50	12.28	8.00	2.39	29.90	295
01	70.60	6.09	8.62	7.52	1.62	21.50	12.82	1.79	10.08	7.63	2.25	29.51	246
02	78.42	5.34	6.81	8.83	1.49	16.85	13.37	1.32	9.90	7.93	2.13	26.90	263
03	85.64	6.39	7.46	10.50	2.61	24.88	13.89	1.21	8.68	8.59	2.18	25.41	287
04	93.01	6.77	7.28	12.10	2.21	18.27	14.34	1.19	8.30	8.54	2.99	35.03	314
05	99.58	7.20	7.23	13.51	1.89	14.01	14.62	1.11	7.61	8.10	2.95	25.36	255
06	104.42	6.76	6.47	14.72	2.10	14.30	14.74	1.18	8.02	7.51	2.07	27.58	318
07	111.81	6.59	5.88	16.81	2.43	14.45	15.12	1.27	8.40	6.78	1.92	28.33	252
08	117.54	6.72	5.72	18.70	2.61	13.98	15.67	1.24	7.93	6.65	1.79	26.90	321
09	122.41	7.61	6.21	20.42	3.38	16.14	16.12	1.42	8.83	6.65	1.75	26.27	240
10	127.60	7.54	5.90	22.75	4.00	17.56	16.74	1.49	8.90	6.61	1.94	29.27	300
11	134.30	7.56	5.62	25.26	4.00	15.84	17.38	1.55	8.92	6.53	1.87	28.71	177
12	137.66	8.17	5.93	28.11	5.49	19.51	18.25	1.95	10.68	6.93	2.30	33.20	320
13	143.54	7.60	5.30	32.15	5.49	17.07	19.48	2.03	10.41	7.52	2.22	29.47	262
14	147.11	6.39	4.34	35.83	5.72	15.96	20.68	2.14	10.77	8.34	2.61	31.28	191
15	149.35	5.90	3.95	38.74	5.27	13.62	21.81	2.21	10.14	9.56	3.36	35.14	187
16	151.70	6.64	4.38	41.76	5.51	13.19	22.90	2.88	12.57	10.31	3.59	34.87	211
17	151.37	5.30	3.50	41.77	5.27	12.61	22.74	2.01	8.83	10.38	4.20	40.49	111
18	151.61	5.85	3.86	42.28	5.33	12.60	22.83	2.02	8.87	9.71	4.41	45.36	219
19	152.77	6.16	4.03	43.74	5.55	12.68	23.24	1.87	8.07	10.04	3.71	36.98	49
20-24	151.46	6.62	4.37	42.22	5.63	13.34	22.77	2.72	11.93	9.10	3.65	40.10	597
25-29	151.60	5.67	3.74	42.79	6.03	14.10	23.02	2.40	10.45	8.75	4.16	47.58	650
30-34	151.84	5.66	3.73	42.98	6.52	15.18	23.22	2.54	10.94	8.71	4.31	49.44	528
35-39	151.52	5.93	3.91	42.46	6.90	16.26	23.01	2.45	10.67	8.53	4.29	50.23	488
40-44	150.76	6.25	4.15	41.93	6.82	16.26	23.04	2.70	11.72	8.70	4.66	53.49	310
45-49	150.26	5.76	3.83	41.63	7.97	19.14	23.02	2.94	12.78	8.67	4.74	54.68	263
50-54	150.28	5.34	3.55	41.67	7.19	17.26	22.92	3.01	13.15	9.10	4.74	52.63	224
55-59	149.44	5.62	3.76	41.29	8.63	20.89	23.87	3.38	14.64	9.51	6.06	63.78	171
>=60	148.25	6.00	4.05	39.28	7.23	18.41	21.94	3.07	14.88	7.74	5.87	49.95	396

TABLE-58 (A)

NNMB - ANDHRA PRADESH - MEAN ANTHROMETRIC MEASUREMENTS BY AGE (MALES) - 1974-79

63

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	64.52	5.95	9.21	6.10	1.44	23.51	12.37	1.79	14.49	6.86	1.71	24.89	178
01	73.71	5.21	7.07	7.92	1.50	18.99	12.67	1.67	13.18	6.65	1.76	26.52	170
02	79.42	6.52	8.21	9.45	1.63	17.22	13.26	1.52	11.46	7.13	1.90	25.27	199
03	86.27	5.59	6.48	10.97	1.65	15.04	13.60	1.12	8.18	7.41	1.76	23.74	246
04	93.63	6.39	6.83	12.60	1.77	14.04	13.82	1.31	9.47	6.96	1.91	27.39	310
05	100.89	6.64	6.63	14.01	2.02	14.41	14.05	1.18	8.43	6.34	1.65	26.86	214
06	106.12	6.49	6.12	15.48	2.08	13.45	14.20	1.57	11.04	5.79	1.71	29.50	217
07	112.15	6.42	5.72	17.43	3.62	20.78	14.68	1.78	12.14	5.63	2.67	47.46	292
08	117.44	7.50	6.38	18.89	3.07	16.26	14.76	1.26	8.51	5.12	1.48	28.90	317
09	121.72	6.56	5.39	20.29	2.55	12.56	15.31	1.18	7.70	5.32	1.64	30.80	228
10	126.83	7.10	5.60	22.50	3.87	17.22	15.88	1.44	9.67	5.16	1.60	31.01	275
11	130.41	6.77	5.19	23.59	3.03	12.82	16.13	1.26	7.80	4.96	1.26	25.33	174
12	135.07	7.30	5.41	26.20	3.83	14.63	16.73	1.81	10.93	5.14	1.54	29.97	330
13	140.76	7.18	5.10	29.11	4.76	16.34	17.58	1.78	10.16	5.48	1.68	30.65	179
14	145.91	7.49	5.13	32.36	5.10	15.77	18.38	1.80	9.82	5.21	1.70	32.57	211
15	150.65	8.44	5.60	35.30	6.22	17.63	19.39	1.83	9.42	5.22	1.63	31.21	153
16	156.34	8.19	5.24	40.12	5.80	14.46	20.56	2.13	10.34	5.14	1.77	34.48	180
17	158.91	6.54	4.12	42.20	4.98	11.80	21.22	1.79	8.45	4.98	1.60	32.03	137
18	163.73	5.80	3.61	45.18	5.56	12.31	22.31	2.07	9.27	5.21	1.43	27.39	207
19	161.62	6.38	3.95	46.60	5.35	11.48	22.89	2.00	8.72	5.34	1.64	30.72	113
20-24	163.56	7.26	4.47	48.17	6.00	12.45	23.31	2.22	9.51	5.19	1.81	34.95	454
25-29	163.42	7.35	4.32	49.63	6.60	13.70	23.71	2.33	9.81	5.29	2.06	38.87	374
30-34	163.00	6.49	3.98	50.26	6.12	16.16	23.95	2.39	9.99	5.46	2.69	49.31	399
35-39	163.68	6.59	4.04	50.62	6.61	17.00	23.98	2.42	10.10	5.66	3.22	56.83	418
40-44	162.38	6.66	4.10	50.10	6.92	17.81	23.84	2.47	10.38	5.83	2.99	49.79	340
45-49	162.46	7.27	4.48	49.62	8.02	16.16	23.47	2.56	10.91	5.68	2.52	44.32	283
50-54	162.98	6.37	3.91	51.38	10.13	19.71	23.69	2.95	12.47	6.41	3.09	46.20	184
55-59	162.54	6.48	4.11	50.11	9.87	19.69	23.21	2.94	12.67	6.21	3.37	54.29	142
>=60	161.97	6.59	5.31	47.62	8.47	17.80	22.25	2.57	11.53	5.71	2.36	41.31	247

TABLE-58 (B)

NNMB - ANDHRA PRADESH - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (FEMALES) - 1974-79

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	64.66	4.26	6.21	6.02	1.32	21.85	12.34	1.54	12.51	7.02	1.88	26.75	167
01	72.17	4.55	6.30	7.40	1.45	19.55	12.45	1.69	13.55	6.66	1.95	29.23	190
02	82.94	51.44	62.82	9.74	6.07	62.36	13.26	1.56	11.79	7.96	3.99	50.04	187
03	89.30	6.28	7.36	10.53	1.75	16.61	13.51	1.49	10.35	7.65	1.85	24.11	243
04	92.98	6.10	6.56	12.32	1.71	13.89	14.01	1.34	9.56	7.60	2.05	26.97	274
05	96.82	17.86	18.44	13.98	2.95	21.08	14.17	1.42	10.03	7.02	2.10	29.88	195
06	104.83	9.59	9.22	15.17	3.59	23.68	14.36	1.14	7.95	6.43	1.44	28.58	239
07	111.52	6.47	5.80	16.82	2.37	14.08	14.55	1.23	8.48	5.98	1.76	29.50	244
08	116.64	7.37	6.32	18.39	3.23	17.58	15.12	1.32	8.70	5.80	1.78	30.61	286
09	122.31	6.51	5.33	20.36	3.02	14.85	15.79	1.38	8.74	6.14	1.72	29.01	201
10	127.20	7.26	5.71	22.70	3.58	15.75	16.33	1.63	10.60	6.14	1.94	31.53	250
11	132.84	7.94	5.98	25.22	3.98	15.47	16.96	1.61	9.49	6.27	1.92	30.65	156
12	137.82	6.89	5.00	28.71	4.87	17.20	18.10	1.78	9.82	6.75	2.22	32.92	217
13	142.71	6.95	4.87	31.94	5.81	15.70	19.19	1.98	10.33	7.39	2.33	31.54	127
14	146.54	5.66	3.86	35.63	5.31	14.91	20.25	2.12	10.46	7.91	2.93	37.32	132
15	150.81	5.89	3.96	38.43	5.50	14.31	21.19	1.98	9.34	8.93	3.18	35.58	108
16	149.52	5.35	3.58	39.64	5.31	13.40	21.46	2.21	10.28	9.44	3.70	39.16	155
17	150.62	6.09	4.05	41.72	6.32	15.16	21.99	2.52	11.49	9.54	3.69	38.68	83
18	151.87	6.49	4.29	42.55	5.66	13.31	22.16	2.39	10.36	9.23	3.73	40.38	170
19	150.46	5.74	3.81	41.61	5.39	12.73	22.16	1.94	8.30	9.44	3.43	36.31	54
20-24	151.11	6.83	3.99	42.50	5.91	13.98	22.11	2.34	10.60	8.64	3.70	42.82	426
25-29	151.34	6.10	4.03	42.94	7.02	16.35	22.24	2.32	10.42	8.32	4.22	50.76	518
30-34	150.73	6.08	4.03	42.07	6.55	15.57	22.16	2.48	11.19	7.97	3.92	49.11	468
35-39	150.52	5.95	3.68	43.15	7.61	17.64	22.60	3.00	13.26	8.47	4.63	54.64	401
40-44	150.37	5.82	3.87	42.68	7.95	18.62	22.69	3.84	13.38	8.53	4.36	51.16	258
45-49	150.69	6.12	4.06	43.60	8.76	20.10	22.71	3.10	13.66	8.69	4.34	49.93	217
50-54	150.42	4.89	3.25	43.12	8.21	19.05	22.45	3.39	15.11	8.87	4.79	53.98	139
55-59	151.19	5.54	3.67	42.99	8.83	20.55	22.32	3.35	15.00	8.60	5.08	59.13	120
>=60	147.92	6.29	4.25	40.64	9.36	23.82	21.61	3.17	14.66	7.57	4.35	57.47	215

TABLE-59 (A)

NNMB - MAHARASHTRA - MEANN ANTHROPOMETRIC MEASUREMENTS BY AGE (MALES)-1974-79

64

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	62.84	6.18	9.83	6.09	1.57	25.77	12.57	1.68	13.37	8.67	2.72	31.39	258
01	71.62	5.12	7.15	7.96	1.34	16.87	12.75	1.34	10.50	6.38	2.39	28.48	172
02	78.24	5.39	6.89	9.39	1.97	21.11	13.42	2.03	15.11	8.89	2.13	24.01	185
03	84.66	6.13	7.24	10.63	1.59	14.96	13.61	1.16	8.55	9.11	2.32	25.49	237
04	91.11	6.55	7.19	11.94	1.74	14.69	13.93	1.87	13.45	8.51	2.59	30.42	311
05	98.65	5.92	6.00	13.56	1.93	14.26	14.07	1.27	9.03	7.97	2.82	25.40	197
06	103.74	7.64	7.36	14.75	2.04	13.82	14.11	1.16	8.21	6.99	2.32	33.21	223
07	109.81	6.99	6.37	16.10	2.35	14.52	14.34	1.04	7.25	6.56	2.25	34.24	244
08	115.56	6.70	5.80	18.05	3.07	17.00	14.64	1.33	9.09	5.75	1.85	32.16	244
09	120.65	6.58	5.45	19.83	3.73	18.79	15.15	1.35	8.88	5.76	1.92	33.40	189
10	126.40	8.92	6.66	22.12	4.31	19.49	15.69	1.44	9.20	5.82	1.84	31.95	256
11	130.57	7.80	5.74	23.66	3.40	14.35	16.23	1.72	10.61	6.22	2.27	36.50	183
12	134.89	7.87	5.84	25.92	4.45	17.16	16.82	1.87	11.11	5.75	2.89	36.24	295
13	139.70	8.93	6.39	28.72	5.69	19.80	17.21	1.78	10.33	5.91	2.28	38.50	192
14	144.77	9.48	6.55	32.09	5.97	18.59	18.14	2.09	11.50	5.99	2.19	36.57	204
15	151.68	9.36	6.17	36.61	6.22	16.97	19.25	2.21	11.46	6.28	2.49	39.74	138
16	159.45	38.55	24.18	40.26	6.77	16.82	20.44	2.20	10.77	6.46	4.15	64.13	181
17	159.61	6.04	3.78	43.25	6.98	16.13	21.33	2.19	10.26	6.15	2.42	39.33	171
18	160.75	7.25	4.51	45.33	5.58	12.13	22.24	2.21	9.93	6.06	2.27	37.90	228
19	162.60	5.93	3.65	46.54	4.82	10.36	22.55	1.73	7.65	6.02	2.10	34.82	150
20-24	163.81	6.72	4.12	47.66	6.36	13.34	23.20	2.09	9.03	6.15	2.63	42.69	459
25-29	163.20	6.18	3.78	49.44	6.82	13.79	23.69	2.24	9.44	6.65	3.44	51.76	336
30-34	163.48	6.87	4.20	50.17	7.62	15.19	23.78	2.52	10.59	7.20	4.17	57.86	345
35-39	162.40	7.32	4.51	50.32	8.67	17.23	23.94	2.57	10.75	7.42	4.57	61.59	417
40-44	162.70	6.86	4.22	50.28	9.13	18.16	23.94	3.16	13.21	7.43	4.32	58.14	295
45-49	162.39	6.11	3.77	48.93	8.57	17.52	23.42	2.45	10.47	6.68	3.79	56.66	294
50-54	161.98	6.84	4.22	48.63	8.12	16.71	23.38	2.44	10.44	7.01	3.52	50.24	174
55-59	162.61	6.40	3.94	50.91	9.48	18.62	23.87	2.99	12.51	7.90	4.47	56.55	170
>=60	161.58	6.95	4.30	48.13	8.43	17.51	22.54	2.71	12.03	7.37	3.99	54.11	310

TABLE-59 (B)

NNMB - MAHARASHTRA - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (FEMALES) - 1974-79

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	62.07	6.32	10.18	5.89	1.60	27.37	12.07	1.62	13.44	8.72	2.54	29.10	227
01	71.49	4.85	6.78	7.58	1.41	18.54	12.53	1.44	11.48	8.43	2.61	30.94	127
02	77.10	5.59	7.25	9.10	3.16	34.70	13.03	1.26	9.67	9.20	2.40	26.08	162
03	83.90	47.82	55.67	10.14	2.57	25.30	13.63	2.24	16.44	9.59	4.74	49.65	230
04	88.40	12.60	14.26	11.68	3.12	26.66	13.87	2.25	16.22	9.59	5.04	42.56	262
05	96.89	6.50	6.71	12.98	1.66	12.79	14.31	1.37	9.57	8.59	2.44	28.37	145
06	103.42	8.81	7.74	14.53	2.28	15.71	14.35	1.50	10.43	7.71	2.39	31.82	223
07	110.84	7.69	6.99	16.26	2.52	15.52	14.83	1.46	9.83	7.22	2.18	30.21	222
08	115.81	8.55	7.44	17.89	2.88	16.07	15.00	1.57	10.49	7.08	2.80	39.55	240
09	120.28	7.64	6.35	19.71	2.80	14.21	15.67	1.68	10.75	6.95	2.37	34.12	178
10	125.43	8.65	6.89	21.62	4.38	20.24	16.16	1.77	10.96	7.44	2.42	32.57	222
11	132.17	8.60	6.51	24.80	4.52	18.22	16.99	2.07	12.18	7.20	2.49	34.63	143
12	135.66	9.14	6.80	27.10	4.76	17.55	17.44	2.04	11.71	7.75	2.80	36.08	241
13	139.90	8.18	5.85	30.27	5.33	17.60	18.31	1.68	9.16	8.05	2.96	36.72	129
14	145.90	7.47	5.12	35.06	6.12	17.46	19.82	2.37	11.94	9.45	3.27	34.64	157
15	146.74	6.28	4.28	37.42	6.89	18.41	21.02	2.98	14.17	10.07	3.84	38.18	95
16	149.72	5.89	3.93	39.68	5.46	13.76	21.37	2.03	9.50	11.89	3.75	33.82	145
17	149.58	6.09	4.08	39.81	4.71	11.84	21.76	1.81	8.33	11.16	4.08	36.60	95
18	150.94	5.92	3.92	41.90	5.46	13.82	22.24	2.35	10.58	11.33	3.92	34.61	159
19	150.09	5.33	3.55	42.92	5.52	12.85	22.56	1.97	8.71	12.42	4.11	33.08	61
20-24	151.86	5.87	3.88	41.92	5.45	13.01	22.12	2.43	10.97	10.64	4.26	40.82	435
25-29	150.55	5.85	3.88	41.76	5.61	13.44	22.16	2.44	11.82	10.07	4.84	40.13	467
30-34	150.20	6.35	4.23	41.88	5.92	14.41	22.18	2.37	10.68	10.10	4.33	42.89	439
35-39	149.76	5.90	3.94	41.76	6.99	16.73	22.49	2.90	12.88	10.48	4.73	45.15	364
40-44	149.69	6.49	4.33	41.43	7.88	17.89	22.41	2.72	12.12	10.27	5.08	49.51	290
45-49	149.42	6.31	4.22	41.74	7.76	18.60	22.60	3.25	14.38	10.97	5.73	52.28	249
50-54	148.32	6.82	4.60	39.97	7.46	18.67	22.12	2.99	13.51	10.95	5.46	49.86	185
55-59	148.12	6.28	4.24	41.82	8.13	19.81	22.32	3.41	15.28	11.88	5.25	47.36	115
>=60	147.22	6.14	4.17	39.43	8.65	21.94	21.63	3.10	14.33	9.89	5.51	55.69	296

TABLE-60 (A)

NNMB - GUJARAT - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (MALES) - 1974-79

65

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	62.32	5.93	9.52	5.83	1.53	26.32	12.19	1.47	12.02	6.09	2.37	29.32	298
01	72.27	4.52	6.25	7.83	1.39	17.75	12.74	1.27	9.98	7.85	1.96	25.01	218
02	78.91	4.83	6.13	9.34	1.45	15.50	13.13	1.29	9.42	7.99	2.04	25.57	268
03	85.14	6.11	7.18	10.68	1.58	14.79	13.55	1.27	9.41	8.28	2.24	27.05	281
04	93.35	5.56	5.96	12.40	1.65	13.34	14.02	1.62	11.57	7.83	2.03	25.96	347
05	100.17	9.67	9.66	13.76	2.05	14.87	14.75	1.64	7.38	7.23	1.88	26.03	188
06	105.88	5.56	5.30	15.10	2.14	14.14	14.10	1.06	7.54	6.51	1.80	27.60	202
07	110.40	5.73	5.19	16.38	1.91	11.66	14.40	1.08	7.49	6.28	1.71	27.19	269
08	114.79	5.82	5.07	17.81	2.52	14.16	14.70	1.14	7.75	6.04	1.83	30.22	262
09	117.54	6.34	6.97	19.55	4.94	25.26	15.03	1.42	9.44	6.15	3.89	63.34	211
10	124.05	6.93	5.58	21.25	3.53	16.63	15.57	1.48	9.51	5.95	1.85	31.08	322
11	128.41	7.09	5.52	22.94	3.18	13.85	15.90	1.39	8.75	6.16	1.98	32.13	188
12	132.74	7.01	5.28	25.08	3.69	14.70	16.49	1.38	8.36	6.35	2.17	34.19	326
13	137.82	6.91	4.94	27.22	4.10	15.08	17.01	1.59	9.33	6.39	2.27	35.54	253
14	143.21	7.13	4.98	30.59	6.73	19.70	17.76	1.87	10.51	6.39	2.38	37.23	233
15	150.86	7.70	5.11	35.04	6.12	17.43	18.93	1.84	9.69	6.03	2.24	37.23	185
16	156.78	6.28	4.81	39.74	5.58	14.04	20.05	1.78	8.86	6.19	2.21	35.69	235
17	159.72	5.52	3.46	42.82	5.51	12.84	21.02	1.91	9.08	6.36	2.72	42.82	185
18	161.78	6.75	4.17	44.77	4.95	11.05	21.87	3.40	15.56	6.09	2.25	36.91	222
19	162.41	7.13	4.39	45.48	5.34	11.73	22.11	1.81	8.18	6.15	2.70	43.82	156
20-24	163.72	6.52	3.98	47.65	6.10	12.79	22.83	1.98	8.66	6.14	3.05	49.69	582
25-29	164.14	6.47	3.90	49.41	6.92	14.01	23.55	2.24	9.50	6.26	3.57	56.93	436
30-34	164.22	6.22	3.79	49.83	7.78	14.62	23.53	2.34	9.96	6.72	4.13	61.50	397
35-39	163.67	6.23	3.80	50.73	8.87	17.72	23.66	2.53	10.71	6.88	4.28	62.11	447
40-44	163.72	6.13	3.74	50.52	9.04	17.90	23.75	2.52	10.60	7.33	4.49	61.23	343
45-49	163.76	23.42	14.43	48.26	9.16	18.47	23.13	2.67	11.44	6.83	5.32	73.59	367
50-54	163.41	6.87	4.20	49.59	10.51	21.20	23.10	2.93	12.70	7.47	4.97	66.50	197
55-59	162.89	6.14	3.77	49.17	8.72	17.73	23.17	2.56	11.06	7.18	4.11	57.34	162
>=60	161.19	6.94	4.30	47.02	9.73	20.70	22.23	3.11	13.98	6.90	3.54	51.91	347

TABLE-60 (B)

NNMB - GUJARAT - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (FEMALES) - 1974-

79

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	60.41	6.21	10.28	5.34	1.54	28.79	11.79	1.53	12.95	7.79	2.19	28.17	257
01	70.66	4.47	6.33	7.19	1.40	19.54	12.28	1.39	11.33	7.54	2.11	27.99	226
02	77.10	5.13	6.66	8.71	1.53	17.61	12.90	1.25	9.64	8.30	2.18	26.27	233
03	84.77	5.53	6.52	10.41	1.62	15.44	13.61	1.13	8.33	8.70	2.19	25.17	239
04	92.37	8.38	9.07	11.99	2.10	17.53	14.03	1.53	10.90	8.28	2.20	26.55	302
05	98.69	5.79	5.87	13.47	1.71	12.69	14.20	1.16	8.14	8.11	2.15	26.50	197
06	103.68	5.95	5.74	14.47	1.96	13.57	14.38	1.14	7.93	7.51	2.17	28.93	236
07	109.62	6.14	5.60	16.32	2.87	17.59	14.63	1.06	7.25	7.01	2.10	29.98	215
08	114.98	6.19	5.38	17.73	2.35	13.24	14.89	1.13	7.60	6.68	1.97	29.54	235
09	119.87	4.71	5.60	19.63	2.86	14.57	15.47	1.16	7.50	6.99	2.02	28.86	162
10	124.11	6.87	5.53	20.97	3.55	16.94	15.93	1.61	10.13	7.17	2.66	37.11	210
11	129.13	7.21	5.58	23.64	3.60	15.23	16.49	1.33	7.90	7.30	2.46	35.62	166
12	132.70	10.61	7.99	25.23	3.86	15.31	16.97	1.49	8.80	7.49	2.50	33.38	221
13	138.05	6.66	4.82	28.09	4.43	15.77	17.77	1.65	9.30	8.20	3.12	38.03	187
14	143.70	6.80	4.73	32.54	5.40	16.58	19.00	1.91	10.03	8.58	3.47	40.50	175
15	147.85	5.59	3.78	36.24	5.82	16.05	20.01	1.94	9.69	9.59	4.00	41.73	150
16	149.02	5.73	3.84	38.03	5.07	13.33	20.80	2.15	10.20	10.62	5.05	47.53	189
17	150.25	5.70	3.79	40.78	5.69	13.94	21.65	2.33	10.77	11.64	5.40	46.37	116
18	151.86	5.65	3.72	42.64	5.17	12.13	22.29	2.10	9.41	12.25	4.61	37.66	169
19	151.50	4.89	3.23	42.09	5.05	12.00	22.18	1.90	8.58	12.65	4.91	38.85	111
20-24	151.89	5.82	3.83	43.92	5.64	12.85	22.52	2.09	9.28	12.01	4.72	39.29	585
25-29	151.53	5.90	3.90	43.26	6.29	14.55	22.39	2.34	10.45	11.12	5.24	47.12	519
30-34	151.31	5.51	3.64	43.43	6.89	15.87	22.44	2.42	10.78	11.02	5.20	47.17	469
35-39	151.40	5.85	3.87	43.92	8.43	19.21	22.80	2.80	12.28	11.10	6.70	60.36	432
40-44	150.45	5.53	3.67	43.81	8.69	19.84	23.04	2.97	12.88	11.61	6.47	55.74	371
45-49	151.18	5.68	3.76	43.29	8.62	19.91	22.99	3.19	13.87	11.74	6.69	56.90	313
50-54	149.91	5.69	3.80	43.91	8.76	19.44	23.05	3.26	14.15	12.26	6.71	54.70	168
55-59	149.59	6.49	4.34	43.14	9.03	20.94	22.92	3.26	14.23	11.89	6.01	50.53	161
>=60	148.51	5.92	3.92	39.96	7.81	19.44	21.53	3.08	14.33	9.49	5.97	62.93	388

TABLE-61 (A)

NNMB - MADHYA PRADESH - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (MALES) - 1974-79

66

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{X}$	S.D.	C.V.	$\bar{X}$	S.D.	C.V.	$\bar{X}$	S.D.	C.V.	$\bar{X}$	S.D.	C.V.	
00	61.98	5.59	9.02	6.01	1.48	23.22	11.73	1.56	13.29	7.11	1.88	26.43	121
01	70.50	6.32	8.96	7.71	1.37	17.73	12.35	1.14	9.21	7.11	1.88	25.34	104
02	77.79	6.27	8.06	9.52	1.44	15.13	12.88	1.65	12.82	7.19	2.29	31.93	89
03	83.16	6.79	8.17	10.76	2.03	18.91	12.91	1.58	11.65	7.00	1.76	27.19	138
04	90.74	6.96	7.67	12.11	1.82	15.94	13.34	1.23	9.25	6.85	2.01	29.42	171
05	99.61	6.20	6.23	14.20	1.98	13.95	13.86	1.17	8.46	6.44	1.66	25.69	135
06	104.96	8.23	7.84	15.78	2.69	17.06	13.92	1.87	7.67	6.24	5.03	80.52	134
07	111.02	7.69	6.93	17.58	4.69	26.70	14.31	2.95	20.64	5.74	3.48	59.24	123
08	117.67	7.18	6.18	19.55	3.17	16.20	14.93	1.98	12.69	5.39	1.41	26.09	147
09	122.74	7.46	6.07	20.76	2.91	14.91	14.88	1.32	8.84	5.85	1.15	22.82	86
10	127.68	8.53	6.69	23.26	4.07	17.47	15.86	1.88	11.33	5.16	1.35	26.13	144
11	132.68	8.88	6.69	25.94	4.39	17.54	16.24	2.08	12.29	5.10	1.86	20.74	77
12	137.53	8.73	6.35	28.27	5.58	19.75	17.22	1.79	10.38	5.66	1.67	29.58	150
13	141.41	19.77	7.62	30.11	7.18	23.83	17.41	2.83	11.68	5.43	1.70	31.27	86
14	147.13	9.26	6.29	34.35	6.62	19.27	18.54	1.87	10.86	5.41	1.50	27.69	103
15	154.84	8.97	5.82	39.88	6.80	17.05	19.49	1.91	9.62	5.47	1.65	30.19	86
16	158.79	6.97	4.39	43.42	5.58	12.86	20.90	1.71	8.16	5.33	1.52	28.59	81
17	158.67	6.27	3.95	45.81	5.31	11.59	21.74	1.76	8.96	5.82	1.79	30.78	88
18	161.63	6.79	4.15	47.92	6.37	13.28	22.39	2.18	9.73	5.79	1.58	27.23	112
19	161.91	4.93	3.05	49.31	5.44	11.03	22.84	1.96	8.58	5.91	1.86	31.49	65
20-24	163.52	7.22	4.42	49.83	7.08	14.05	22.95	2.22	9.66	5.76	1.74	30.28	320
25-29	163.63	7.48	4.57	50.93	6.97	13.69	23.58	2.35	9.97	5.74	2.12	36.92	191
30-34	163.32	7.68	4.70	49.90	6.53	13.08	23.35	1.99	8.52	5.89	2.56	43.58	188
35-39	163.59	6.90	4.22	40.66	6.80	13.43	23.24	2.16	9.29	5.78	2.24	38.77	229
40-44	163.82	6.13	3.76	50.83	7.52	14.88	23.49	2.52	10.72	6.42	3.26	50.75	182
45-49	163.78	6.49	3.96	51.59	8.42	16.31	23.36	2.58	10.72	6.16	2.63	42.67	169
50-54	162.71	7.65	4.70	49.95	6.93	13.87	23.87	2.45	10.62	6.24	2.51	40.14	148
55-59	163.31	6.84	4.19	48.85	7.62	15.59	23.13	3.38	14.59	5.77	2.86	35.60	80
>=60	162.29	6.69	4.12	48.70	8.69	17.84	22.86	2.98	13.16	5.87	2.17	37.83	182

TABLE-61 (B)

NNMB - MADHYA PRADESH - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (FEMALES) - 1974-79

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{X}$	S.D.	C.V.	$\bar{X}$	S.D.	C.V.	$\bar{X}$	S.D.	C.V.	$\bar{X}$	S.D.	C.V.	
00	61.88	5.07	8.21	5.64	1.45	25.78	11.42	1.50	13.14	6.85	1.81	26.42	92
01	70.27	5.24	7.45	7.53	1.56	20.75	11.92	1.16	9.72	6.99	2.01	28.79	99
02	76.30	6.78	8.88	8.77	1.62	18.48	12.46	1.59	12.73	7.33	1.88	25.65	88
03	83.62	8.34	9.97	10.55	2.84	26.94	12.96	1.49	11.52	6.98	2.28	33.00	146
04	90.67	6.91	7.62	12.07	1.99	16.06	13.41	1.21	8.99	6.99	2.02	28.89	135
05	99.73	9.32	9.34	14.07	4.43	31.47	13.55	1.50	11.10	6.35	1.64	25.88	78
06	106.87	8.88	8.29	15.73	2.74	17.42	14.89	1.33	9.42	6.17	1.79	29.05	128
07	111.18	8.55	7.70	17.82	2.73	16.83	14.51	1.33	9.15	5.56	1.26	22.69	95
08	116.89	8.25	7.06	19.22	3.08	16.95	15.17	1.59	10.45	5.88	1.53	26.32	138
09	122.78	7.86	6.41	21.42	4.02	18.75	15.54	1.56	10.95	5.49	1.59	27.03	83
10	126.81	8.86	6.99	23.47	5.33	22.72	16.45	2.66	16.16	5.71	1.64	28.78	116
11	133.89	7.94	5.97	26.01	4.63	17.82	17.02	2.34	13.76	6.22	1.74	27.92	51
12	139.98	8.26	6.08	28.82	5.75	19.97	17.52	1.85	10.58	6.14	1.72	27.95	103
13	141.70	9.19	6.48	32.51	6.28	19.31	18.77	2.18	11.17	6.41	1.98	30.96	73
14	145.46	6.56	4.51	36.23	6.19	17.88	19.98	2.07	10.41	7.29	2.81	38.54	65
15	148.97	6.51	4.37	40.38	6.58	16.11	21.89	2.37	11.23	7.44	2.47	33.24	79
16	150.95	6.01	3.98	43.36	6.58	15.18	21.84	2.32	10.61	7.65	2.39	31.19	71
17	151.22	8.29	5.48	43.72	6.88	15.75	21.76	2.40	11.05	8.29	2.75	33.22	42
18	151.05	5.77	3.82	45.32	5.70	12.58	22.40	2.07	9.24	8.14	2.71	33.35	86
19	151.34	6.45	4.26	43.74	5.39	12.32	21.86	2.08	9.49	7.40	3.29	44.41	30
20-24	150.98	6.01	3.98	44.24	6.54	14.77	22.15	2.07	9.37	7.42	2.88	38.85	289
25-29	150.80	6.11	4.05	44.42	6.10	13.73	21.91	2.17	9.89	7.23	2.84	39.31	243
30-34	150.72	6.20	3.45	44.51	6.06	13.61	22.23	2.60	11.70	7.59	2.79	36.75	233
35-39	150.77	6.12	4.06	44.56	7.14	16.02	22.72	2.34	10.30	7.22	2.97	41.13	218
40-44	150.58	6.02	4.08	43.91	6.91	15.73	22.67	2.43	10.73	7.51	3.38	44.99	179
45-49	150.16	6.47	4.31	44.24	8.29	18.74	22.62	2.77	12.23	7.99	4.03	50.37	139
50-54	149.78	5.99	4.08	43.32	8.41	19.41	22.39	2.77	12.39	7.57	4.19	55.39	96
55-59	150.89	6.09	4.86	43.36	8.39	19.34	22.44	2.64	11.78	7.45	3.86	51.79	56
>=60	147.86	6.79	4.59	40.65	6.76	16.64	21.33	2.69	12.61	6.71	2.26	33.71	147



TABLE-62 (A)

NNMB - ORISSA - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (MALES) - 1974-79

67

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	63.79	4.92	7.54	6.42	1.37	21.42	12.70	1.48	11.67	7.97	2.20	27.67	30
01	71.41	5.98	8.37	9.46	10.60	.....	13.49	3.12	23.09	9.75	11.51	.....	54
02	80.58	6.63	8.23	10.23	3.49	34.03	13.44	1.11	8.23	7.92	2.12	26.91	48
03	86.84	7.18	8.26	11.11	1.77	15.94	17.96	1.07	7.65	7.73	2.09	27.03	83
04	93.34	6.71	7.19	12.42	2.05	16.49	14.29	0.97	6.76	7.42	1.63	21.98	69
05	98.84	7.70	7.79	14.17	2.12	14.95	14.57	1.14	7.82	7.21	2.71	27.87	62
06	106.19	6.12	5.76	15.93	2.30	14.41	14.44	1.04	7.19	6.38	1.86	29.15	73
07	113.25	7.89	6.97	17.79	3.12	17.54	14.81	1.30	8.77	6.43	2.17	33.73	63
08	118.90	9.24	7.77	19.43	3.92	15.56	15.35	1.22	7.96	6.82	2.48	36.36	67
09	119.87	7.39	5.92	20.17	3.29	16.30	15.57	1.28	8.20	6.20	1.66	26.93	44
10	127.39	8.45	6.63	23.50	4.73	20.15	16.34	1.64	10.03	6.66	2.34	35.15	71
11	133.61	6.43	4.79	27.04	7.59	24.07	17.43	1.18	20.02	7.99	8.27	.....	47
12	136.00	11.45	8.42	27.64	5.23	18.94	17.67	1.54	8.72	6.78	2.26	33.41	68
13	139.12	9.12	6.56	29.54	5.23	17.71	18.04	1.58	8.75	6.86	2.39	34.87	36
14	147.72	9.19	6.22	34.35	6.83	19.90	19.19	2.22	11.56	6.43	2.71	42.17	46
15	146.80	8.62	5.87	34.42	6.37	18.51	19.67	2.62	10.27	7.08	3.21	45.32	38
16	154.60	9.78	5.87	41.68	8.02	18.23	21.30	2.36	11.08	8.21	3.37	41.11	39
17	159.74	6.63	4.15	45.27	5.14	11.35	21.92	1.60	7.32	8.08	3.46	42.96	25
18	167.50	7.17	4.47	46.26	6.68	14.50	22.77	2.35	10.40	7.97	3.33	41.84	34
19	161.92	8.06	4.98	47.48	4.91	10.33	23.58	1.43	6.05	5.90	2.62	44.46	21
20-24	161.15	8.15	5.06	48.54	7.26	14.95	23.95	2.51	10.47	7.80	1.78	48.51	138
25-29	162.20	5.30	3.88	50.08	6.88	13.74	24.23	2.08	8.60	8.07	4.09	50.76	107
30-34	162.00	7.12	4.39	50.47	7.99	15.58	24.79	2.13	8.59	8.43	4.28	50.81	100
35-39	164.94	35.84	21.73	57.52	8.69	17.20	25.26	3.09	12.34	8.57	4.51	52.58	107
40-44	161.11	6.02	3.73	49.24	8.00	16.35	24.75	2.19	8.62	7.94	4.11	51.74	89
45-49	163.46	6.43	4.01	48.83	7.39	15.12	24.70	2.34	9.61	7.63	3.94	52.31	104
50-54	161.27	7.16	4.44	50.88	8.61	16.93	24.67	2.27	9.20	8.13	4.20	51.62	71
55-59	163.17	7.75	4.53	48.65	8.75	17.99	24.16	2.61	10.79	7.84	3.71	47.30	61
>=60	160.40	6.72	4.19	48.79	9.44	14.34	23.69	2.79	10.55	8.16	1.91	47.88	117

TABLE-62

(B)

NNMB - ORISSA - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (FEMALES) - 1974-79

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	61.65	5.56	9.01	6.35	1.81	28.50	12.35	1.51	12.19	8.25	2.15	26.08	24
01	71.76	6.65	12.05	7.75	1.71	20.75	13.03	1.59	12.25	7.34	1.68	22.47	35
02	76.38	5.24	6.86	8.93	1.93	21.62	13.07	1.40	10.70	7.67	2.18	28.44	39
03	86.35	4.41	7.43	10.42	1.89	17.30	13.47	0.99	7.17	7.54	1.93	25.51	61
04	92.54	8.77	9.47	11.89	2.12	17.63	14.19	1.08	7.41	7.87	2.07	26.32	67
05	98.94	4.32	6.39	14.33	4.74	33.15	14.97	4.55	30.35	8.59	7.95	42.52	65
06	106.22	9.54	8.98	15.54	2.86	18.41	14.47	0.91	6.71	6.40	1.85	27.10	65
07	113.25	8.11	7.16	17.34	3.18	18.31	14.81	1.72	8.25	6.17	1.79	29.02	65
08	116.81	8.31	7.12	19.27	3.69	19.14	15.56	1.47	9.43	6.70	2.02	30.15	81
09	121.85	8.03	6.64	20.93	3.54	16.93	16.35	1.60	9.80	7.13	2.40	33.63	44
10	128.20	9.30	7.25	23.79	5.36	22.54	16.76	1.84	10.97	7.15	2.61	36.51	59
11	132.00	8.89	6.71	26.27	5.07	19.24	17.57	1.56	8.89	8.07	3.24	40.17	41
12	135.84	7.56	5.47	27.28	5.37	19.48	17.54	2.22	12.60	7.67	3.01	39.31	57
13	142.31	9.87	6.94	33.83	8.49	25.09	19.69	2.74	13.91	8.97	3.74	41.66	35
14	145.88	7.21	4.94	36.54	6.71	18.38	20.41	2.46	12.05	9.51	3.91	41.07	51
15	146.99	5.09	3.46	38.69	5.81	15.03	21.53	2.06	9.55	10.43	4.26	47.88	47
16	147.77	7.95	5.38	41.34	6.00	14.88	21.97	2.05	9.39	10.70	4.06	37.92	43
17	150.81	7.12	4.72	43.05	5.13	11.92	22.54	1.85	8.20	11.34	4.74	34.58	38
18	156.95	44.53	28.76	43.80	5.63	12.86	24.27	10.43	42.92	13.23	11.76	45.11	43
19	148.42	8.92	6.00	42.06	5.24	12.46	22.75	2.29	10.08	10.44	3.12	29.88	16
20-24	149.44	5.95	3.98	43.55	5.67	13.02	22.58	2.01	8.92	10.51	4.28	40.68	134
25-29	149.06	5.87	3.94	41.94	5.48	13.03	22.33	2.12	9.50	10.08	3.54	35.14	130
30-34	148.50	6.35	4.07	42.57	5.85	13.74	22.70	2.07	9.13	10.59	4.42	41.75	114
35-39	148.42	5.65	3.81	41.62	6.12	14.70	22.44	2.03	9.08	9.80	4.35	43.95	115
40-44	149.37	5.73	3.84	41.98	7.34	17.48	22.94	2.42	10.54	10.72	5.34	49.78	115
45-49	148.60	5.74	3.97	42.77	6.82	15.04	23.05	2.23	9.67	10.16	4.34	42.74	87
50-54	148.24	4.44	4.35	42.75	8.80	20.57	23.61	3.04	12.88	11.47	4.92	42.86	53
55-59	147.10	6.10	4.14	38.82	4.90	12.41	22.09	2.37	10.74	9.38	3.92	41.81	55
>=60	145.03	7.46	5.42	38.09	6.93	10.19	21.42	2.84	13.28	8.52	3.53	41.48	102



TABLE-63 (A)

NNMB -WEST BENGAL - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (MALES) - 1974-79

68

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	62.54	5.36	8.56	5.93	1.34	22.61	11.58	1.16	10.00	6.17	1.65	26.71	166
01	72.99	4.27	5.85	7.82	1.19	15.21	12.32	1.06	8.59	5.86	1.54	26.20	190
02	81.72	4.78	5.85	9.64	1.39	14.44	12.91	1.10	8.53	5.98	1.58	25.01	201
03	89.13	4.90	5.50	11.41	2.47	21.66	13.29	1.02	7.68	5.84	1.34	23.01	189
04	94.07	4.98	5.30	12.33	1.51	12.23	13.42	1.09	8.12	5.78	1.59	27.45	208
05	101.02	5.20	5.15	14.09	2.83	20.08	13.69	1.00	7.22	4.99	1.11	22.33	204
06	104.67	5.96	5.70	14.82	1.85	12.46	13.78	1.02	7.38	4.69	1.18	25.27	203
07	110.54	5.64	5.12	16.28	2.16	13.26	14.11	1.05	7.41	4.48	0.92	20.51	180
08	116.01	5.97	4.80	18.12	2.16	11.93	14.56	1.18	8.10	4.29	0.93	21.67	189
09	119.90	6.65	5.55	19.63	2.53	12.92	14.95	1.09	7.32	4.32	0.91	21.17	190
10	124.19	6.09	4.90	21.18	2.57	12.14	15.49	1.08	6.97	4.20	0.85	20.28	182
11	127.96	6.33	4.94	22.61	2.99	13.25	15.84	1.21	7.61	4.18	0.89	21.27	169
12	133.88	7.37	5.54	25.05	4.22	16.85	16.42	1.34	8.14	4.33	0.91	20.97	165
13	137.18	7.72	5.63	27.62	4.42	16.71	17.07	1.44	8.41	4.49	1.14	25.47	156
14	142.75	9.00	6.30	30.46	5.72	18.79	17.90	1.67	9.36	4.48	0.93	20.86	131
15	148.84	9.49	6.38	34.36	6.18	18.00	18.85	1.82	9.66	4.47	0.91	20.26	166
16	154.42	8.72	5.64	38.64	6.09	15.76	19.99	1.84	9.22	4.68	0.97	20.77	156
17	156.72	9.09	5.80	40.87	6.95	17.02	20.66	2.06	9.99	4.70	1.04	22.15	160
18	160.54	6.17	3.84	44.90	5.86	13.17	21.80	1.96	8.97	4.87	1.08	22.13	141
19	160.26	7.75	4.83	44.73	6.29	14.06	22.09	1.86	8.42	4.90	0.97	19.71	125
20-24	161.72	6.08	3.76	47.19	5.80	12.28	23.03	1.90	8.23	4.94	1.19	24.09	362
25-29	161.34	6.85	4.25	47.48	6.34	13.36	23.22	2.01	8.65	4.85	1.68	34.71	225
30-34	161.51	6.00	3.71	47.60	6.15	12.92	23.37	1.94	8.32	4.73	1.53	32.34	226
35-39	161.78	6.31	3.90	47.78	6.75	14.13	23.33	2.01	8.61	4.96	2.12	42.80	333
40-44	161.36	6.21	3.85	46.39	5.88	12.68	22.91	1.84	8.03	4.74	1.45	30.63	358
45-49	160.50	5.82	3.63	46.24	6.56	14.19	22.92	2.05	8.97	4.88	1.85	38.03	291
50-54	161.52	5.65	3.50	45.89	5.71	12.44	22.50	1.81	8.04	4.74	1.39	29.23	199
55-59	160.46	6.39	3.98	46.41	7.42	15.98	22.53	2.15	9.55	5.01	1.85	36.93	115
>=60	158.97	8.36	5.26	43.29	6.62	15.75	21.65	2.37	10.95	4.98	2.06	42.01	104

TABLE-63 (B)

NNMB -WEST BENGAL- MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (FEMALES) - 1974-79

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	61.22	5.75	9.39	5.45	1.30	23.81	11.25	1.15	10.26	5.95	1.46	24.49	166
01	71.43	5.63	7.88	7.35	1.49	20.29	11.92	1.10	9.20	5.74	1.60	27.83	172
02	79.86	4.99	6.25	9.05	1.26	13.91	12.55	0.95	7.58	6.33	1.43	22.62	168
03	87.92	4.67	5.37	10.74	1.40	13.02	13.12	0.97	7.38	6.33	1.44	22.83	230
04	92.66	5.15	5.56	11.84	1.62	13.67	13.39	1.21	9.00	6.73	1.51	25.10	187
05	99.80	5.60	5.66	13.21	1.65	12.48	13.73	1.01	7.33	5.49	1.16	21.10	161
06	104.33	6.14	5.88	14.43	2.36	16.38	13.84	1.11	8.04	4.89	1.05	21.53	193
07	109.72	6.41	5.84	15.86	2.29	14.44	14.14	1.18	8.35	4.77	1.07	22.45	157
08	114.62	6.08	5.31	17.57	2.22	12.61	14.61	1.14	7.81	4.64	1.04	22.42	218
09	118.52	4.21	5.24	18.73	2.54	13.57	15.00	1.16	7.73	4.69	1.02	21.81	175
10	123.64	5.88	4.75	20.95	2.59	12.39	15.63	1.20	7.66	4.84	1.14	23.50	189
11	128.61	6.84	5.32	23.09	3.25	14.08	16.22	1.47	9.09	4.85	0.95	19.64	173
12	133.92	8.15	6.09	26.17	4.82	18.42	17.04	1.58	9.26	5.14	1.37	26.64	218
13	138.80	6.36	6.02	29.02	5.30	18.27	17.81	1.64	9.19	5.53	1.54	27.77	161
14	143.47	7.55	5.27	33.02	6.02	18.22	18.93	1.97	10.40	6.34	2.35	37.07	145
15	144.81	7.99	5.52	35.12	6.25	17.78	19.93	2.09	10.47	7.09	2.47	34.79	126
16	148.31	6.15	4.15	38.66	5.53	14.55	20.92	2.11	10.10	7.58	2.73	36.45	97
17	149.32	6.87	4.60	39.96	6.06	15.16	21.26	2.07	9.55	8.04	2.78	34.61	95
18	148.94	6.10	4.09	41.37	5.46	13.28	21.89	2.02	9.22	8.89	3.73	42.01	101
19	149.41	5.14	3.44	40.22	5.85	14.54	21.15	2.05	9.70	7.71	2.53	32.84	84
20-24	149.37	5.56	3.72	41.04	5.42	13.20	21.35	1.88	8.78	7.13	2.70	37.83	297
25-29	149.88	5.24	3.51	40.79	5.80	14.21	21.36	1.85	9.12	7.00	2.99	42.71	369
30-34	148.42	5.22	3.52	40.71	5.75	14.29	21.34	1.84	9.11	6.85	2.68	39.07	358
35-39	147.86	5.31	3.59	39.13	5.70	14.57	21.15	2.01	9.50	6.65	2.92	43.93	373
40-44	148.00	5.38	3.64	39.12	6.16	15.76	21.32	2.14	10.02	6.72	2.99	44.51	244
45-49	147.88	5.84	3.95	39.12	6.63	16.94	21.34	2.35	11.00	7.16	3.43	47.95	150
50-54	145.84	5.20	3.56	36.29	5.25	14.47	20.68	2.05	9.91	6.14	2.29	37.35	101
55-59	146.52	4.78	3.26	36.42	5.15	14.14	20.59	2.40	11.65	6.31	3.20	56.76	72
>=60	146.25	5.00	3.42	36.67	6.80	18.55	20.44	2.48	12.15	6.21	2.52	46.61	97

TABLE-64 (A)

NNMB - UTTAR PRADESH - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (MALES) - 1974-79

69

Age (yrs)	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	63.13	5.45	8.63	6.03	1.58	26.17	11.90	1.32	11.08	7.37	1.96	26.65	176
01	72.23	4.28	5.93	7.96	1.46	18.34	12.25	1.28	10.50	6.98	1.88	26.95	198
02	80.32	7.96	9.78	9.83	1.78	18.77	12.92	1.13	8.78	7.37	1.98	26.85	235
03	87.46	6.57	7.51	11.64	2.54	21.82	13.41	1.23	9.17	7.16	1.78	24.94	228
04	95.50	4.90	5.13	13.36	1.59	11.87	13.96	0.92	6.59	7.02	1.73	24.64	285
05	101.64	4.83	4.75	14.40	1.40	9.75	14.02	0.93	6.66	6.38	1.61	25.27	212
06	107.26	6.38	5.95	15.91	1.56	9.83	14.40	1.02	7.05	6.18	1.61	26.06	234
07	112.93	4.78	4.24	17.71	1.97	11.11	15.04	1.12	7.44	5.87	1.32	22.40	219
08	118.05	4.79	4.06	19.46	2.24	11.49	15.39	1.10	7.17	5.63	1.27	22.63	241
09	123.18	4.72	3.83	21.41	2.58	12.05	15.73	1.12	7.09	5.32	1.13	21.22	171
10	127.16	5.77	4.54	23.16	2.96	12.76	16.12	1.59	9.77	5.61	1.18	21.10	225
11	132.07	5.90	4.39	24.96	3.52	14.12	16.62	1.36	8.17	5.77	1.46	25.34	157
12	137.58	5.55	4.04	27.25	3.47	12.45	17.15	1.17	6.82	5.71	1.28	22.44	327
13	143.71	6.23	4.34	31.68	3.41	10.76	17.69	1.28	7.25	5.63	1.14	20.19	198
14	148.86	6.71	4.51	35.64	4.10	11.40	18.52	1.58	8.54	5.73	1.58	27.62	227
15	153.11	6.80	4.44	39.49	4.76	12.05	19.41	2.08	10.28	5.45	1.20	21.95	218
16	156.97	5.96	3.80	42.46	4.64	10.93	20.46	2.08	10.18	5.43	1.09	20.03	188
17	158.71	6.93	4.37	44.91	5.17	11.50	21.25	1.88	8.83	5.64	1.28	22.70	172
18	161.05	6.04	3.75	46.64	5.15	11.05	22.28	1.95	8.73	5.40	1.43	24.10	273
19	162.76	5.15	3.16	48.16	3.99	8.28	22.67	1.50	6.65	5.33	1.25	23.50	173
20-24	163.55	5.71	3.49	49.36	5.20	10.53	23.27	1.46	7.99	5.21	1.39	26.71	515
25-29	163.50	6.60	4.04	50.44	6.57	13.03	23.74	1.98	8.35	5.20	1.53	29.37	292
30-34	164.28	5.46	3.33	50.55	6.48	12.82	23.66	1.93	8.14	5.24	1.98	37.79	278
35-39	164.86	23.29	14.13	50.76	7.64	15.04	24.08	3.74	15.54	5.35	3.19	50.65	327
40-44	163.42	6.50	3.98	50.47	7.44	14.74	23.57	2.05	8.71	5.12	1.77	34.59	307
45-49	163.63	6.44	3.94	50.73	7.09	13.97	23.50	2.31	9.81	5.39	1.81	33.69	246
50-54	162.76	6.54	4.92	49.42	7.68	15.54	23.22	2.23	9.61	5.35	2.14	39.99	190
55-59	161.61	14.23	8.81	48.87	8.92	18.25	22.94	3.38	13.44	5.11	2.36	46.13	145
>=60	161.92	6.20	3.83	46.93	8.49	18.10	21.99	2.64	12.17	4.96	2.19	44.04	319

TABLE-64 (B)

NNMB - UTTAR PRADESH - MEAN ANTHROPOMETRIC MEASUREMENTS BY AGE (FEMALES) - 1974-79

Age	Height (cm)			Weight (kg)			Arm Circumference (cm)			Skinfold at triceps (mm)			N
	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	$\bar{x}$	S.D.	C.V.	
00	64.16	12.16	18.95	6.41	6.28	98.60	11.95	2.11	18.28	6.95	2.25	32.43	176
01	72.88	4.80	6.66	7.71	1.51	19.60	12.14	1.16	7.56	6.96	1.89	27.22	155
02	79.60	5.78	7.26	9.39	1.70	18.12	12.71	1.10	8.66	7.41	2.04	27.57	185
03	86.37	4.96	5.74	11.20	1.58	14.08	13.26	1.00	7.52	7.44	1.96	25.32	233
04	93.56	5.09	5.43	12.70	1.51	12.72	13.75	1.00	7.24	4.99	1.92	27.47	195
05	100.67	5.74	8.68	14.89	7.17	48.14	14.27	0.97	6.81	6.66	1.47	22.00	142
06	106.81	5.78	4.75	15.79	1.65	10.49	14.65	1.12	7.65	6.35	1.61	25.32	159
07	111.96	5.45	4.87	17.02	1.92	11.21	15.10	1.11	7.33	6.02	1.41	23.49	155
08	118.15	6.20	5.25	19.61	3.92	19.97	15.58	1.25	8.02	6.14	1.50	24.26	151
09	122.53	7.60	6.20	20.99	2.85	13.63	15.84	1.41	8.93	6.01	1.44	24.03	119
10	126.54	6.73	5.32	22.83	2.94	12.88	16.32	1.25	7.84	6.30	1.48	23.45	122
11	132.72	5.77	4.35	26.16	3.45	13.17	17.13	1.28	7.27	6.41	1.36	21.18	74
12	137.59	5.47	3.98	29.18	3.95	13.55	17.81	1.59	8.93	6.92	1.86	26.89	147
13	141.72	6.02	4.25	32.16	4.78	14.88	18.45	2.32	10.97	7.26	2.88	39.83	78
14	145.76	5.32	3.63	36.10	5.40	14.96	19.54	2.14	10.94	8.07	3.57	44.27	78
15	146.60	5.47	3.73	37.79	5.31	14.06	20.49	2.29	11.17	8.48	3.07	36.23	80
16	148.40	5.55	3.74	39.81	5.16	12.95	21.04	2.41	11.44	8.75	3.74	42.77	79
17	147.50	5.65	3.83	40.99	5.09	12.45	21.70	1.99	9.16	8.96	4.42	49.36	58
18	148.51	6.71	4.52	41.81	5.37	12.84	22.01	1.85	8.41	8.51	3.72	43.69	83
19	149.88	4.89	3.26	43.70	6.02	13.77	22.35	2.00	9.37	7.87	3.01	38.28	35
20-24	149.25	5.47	3.67	42.48	4.98	11.67	22.40	1.88	8.41	8.31	3.36	40.40	289
25-29	149.26	5.35	4.25	42.90	5.85	13.64	22.38	2.00	9.34	7.78	3.24	41.65	331
30-34	149.09	5.41	3.63	41.73	5.31	12.73	22.14	2.15	9.71	7.11	2.78	39.86	375
35-39	148.63	5.32	3.58	41.41	5.32	12.80	22.12	1.96	8.87	7.16	2.67	34.50	335
40-44	148.33	5.27	3.55	41.60	5.53	13.29	22.26	2.33	10.47	7.57	3.04	40.13	247
45-49	148.40	5.45	3.48	41.84	7.38	17.63	22.22	2.55	11.49	7.73	3.40	45.16	199
50-54	147.70	6.65	4.50	40.78	7.51	18.42	21.81	2.59	11.88	7.61	3.87	50.90	156
55-59	147.33	5.46	3.70	39.37	6.28	15.95	21.31	2.46	11.56	6.50	3.48	53.63	113
>=60	145.72	5.78	3.97	37.04	6.72	18.10	20.44	2.70	13.70	6.00	3.42	56.21	226

TABLE - 65

NNMB - PERCENTAGE DISTRIBUTION OF PRE-SCHOOL CHILDREN ACCORDING TO COMEZ CLASSIFICATION

Year		1975-79 (Pooled)			
State	Number Surveyed	Normal // 90%	Mild 75-90%	Moderate 60-75%	Severe // 60%
KERALA	1014	16.4	45.3	33.5	4.8
TAMIL NADU	1545	14.6	43.6	35.3	6.5
KARNATAKA	2300	19.9	43.0	39.4	7.7
ANDHRA PRADESH	1819	13.3	42.2	36.7	7.8
MAHARASHTRA	1696	9.3	37.4	42.0	11.3
GUJARAT	2114	9.8	37.8	43.0	9.4
MIDHYA PRADESH	970	12.0	36.3	40.2	11.5
ORISSA	451	15.3	42.1	33.3	9.3
WEST BENGAL	1545	10.6	43.0	39.8	6.6
UTTAR PRADESH	1715	18.8	48.3	26.8	6.1

APPENDIX1. CONSUMPTION UNIT (C.U.)

Practical nutrition work often involves the assessment of the calorie needs of groups of persons. In such cases, it is usual to assess the needs of women and children in terms of those of the average man by applying various coefficients to the different age and sex groups. The following scale is suggested for practical nutrition work in India, the calorie consumption of an average adult male doing sedentary work is taken as one consumption unit and the other coefficients are worked out on the basis of the calorie requirements. (Ref. Nutritive Value of Indian Foods-NIN, ICMR, Hyd. India, 1980).

Adult male (Sedentary worker)	•••	1.0
Adult male (Moderate worker)	•••	1.2
Adult male (Heavy worker)	...	1.6
Adult female (Sedentary worker)	...	0.8
Adult female (Moderate worker)	...	0.9
Adult female (Heavy worker)	...	1.2
Adolescents - 12 to 21 years	...	1.0
Children - 9 to 12 years	...	0.8
Children - 7 to 9 years	...	0.7
Children - 5 to 7 years	...	0.6
Children - 3 to 5 years	...	0.5
Children - 1 to 3 years	...	0.4

It must be emphasized that this scale of co-efficients is a somewhat arbitrary one, and concerns only calories. It is not meant to be applied in assessing the needs for other nutrients.

2. PROTEIN-CALORIE ADEQUACY:

In the following tables: 5, 6, 6 (A-G) and 49 (A-G). The abbreviations denote:

<b>P C</b>	<b>Protein and Calorie inadequate.</b>
<b>- -</b>	
<b>P C</b>	<b>Protein adequate and calorie inadequate.</b>
<b>+ -</b>	
<b>P C</b>	<b>Protein inadequate and calorie adequate.</b>
<b>- +</b>	
<b>P C</b>	<b>Protein and calorie adequate.</b>
<b>+ +</b>	

3. Standards\* for: body weight (kg) used for classification of children into nutritional grades (Gomez classification)

Age (yrs.)	Boys	Girls
1+	10.50	9.80
2+	12.50	11.30
3+	14.75	13.30
4+	17.25	15.65

Source: Hanumantha Rao, D., Satyanarayana, K. and Gowrinath Sastry.J. (1976). Growth pattern of well-to-do Hyderabad pre-school children. Ind. J. Pled. Res. 64, 629-638.

4. CLASSIFICATION OF ACTIVITIES BASED ON OCCUPATIONS:SEDENTARY:

Male: Teacher, Tailor, Barber, Executives, Shoe-maker, Priest, Retired Personnel, Land-Lord, Peon, Post-man etc.

Female: Teacher, Tailor, Executives, House-Wife, Nurses etc.

MODERATE:

Male: Fisherman, Basket-maker, Potter, Gold-smith, Agriculture-labour, Carpenter, Mason, Rickshaw-puller, Electrician, Fitter, Turner, Welder, Industrial labour, Cooli, Weaver , Driver etc.

Female: Servant-Maid, Cooli, Basket-maker, Weaver, Agriculture-labour, Beedi-maker etc.

HEAVY:

Male: Stone-cutter, Black-smith, Mine-Worker, Wood-cutter, Gang-man etc.

Female: Stone-cutter,

\* \* \* \* \*

CENTRAL REFERENCE LABORATORY

TECHNICAL STAFF:

Mr. K.M. Kullah

Mr. P.V. Parthasarathy

Mr. M.V. Prasada Rao

Mr. P. Vankateswara Rao

Smt. L. Panjamani

Mr. P.M. Ramuloo





No, of Irrigation sources: Wells Tanks Canals Rivers

Drinking water facilities : Wells / Taps / Tank / Stream

Education facilities (Type of school): Primary / Upper primary / High

Developmental activities:

(a) School lunch programme: Yes/No, if yes, No, of beneficiaries

(b) Applied Nutrition programme : Yes/No

(c) Manila Mandal / Youth club / Balvadi

(d) PHC sub-centre / Family Planning sub-centre

(e) Other nutrition programmes Yes/No (specify)

Cost of different foodstuffs/Kg. :

Foodstuff	Cost	Foodstuff	Cost	Foodstuff	Cost
Cereals 1.		Other Vegetables 1.		Fish 1, Fresh	
2.		2.		2. Dry	
3.		Roots & Tubers 1.		Flesh Foods 1. Meat	
Pulses 1.		2.		2. Egg-	
2.		Nuts & Oilseeds 1.		Milk	
3.		2.		Oil	
Leafy vegetables 1		Condiments & Spices		Sugar	
2.		Fruits		Jaggery	





NATIONAL NUTRITION MONITORING BUREAU  
(Indian Council of Medical Research)

FAMILY DIET SURVEY - ONE DAY WEIGHMENT

Family No. \_\_\_\_\_ Name of the head of the family \_\_\_\_\_ Date \_\_\_\_\_  
Village \_\_\_\_\_ District \_\_\_\_\_ State \_\_\_\_\_

Age and Sex composition of those who have partaken the meal.

Age	Adult	12-21	9-12	7-9	5-7	3-5	1-3	Guests (Ages)
M								
F								

WEIGHT OF RAW FOODS IN GRAMS

FOODSTUFF				FOODSTUFF			
1. CEREALS				17. OTHER VEGETABLES			
1. Bajra							
2. Jowar							
3. Maize,							
4. Ragi							
5. Rice							
6. Wheat flour				ROOTS & TUBERS			
7. Others				18. Carrot			
				19. Onion, big			
				20. Potato			
PULSES				21. Tapioca			
8. Bengalgram				22. Others			
9. Blackgram							
10. Greengram							
11. Khesan dal				NUTS & OILSEEDS			
2. Lentil				23. Cashewnut			
3. Redgram				24. Coconut. dry			
4. Soyabean				25. Coconut. fresh			
5. Others				26. Groundnut			
				27. Others			
6. LEAFY VEGETABLES							
				28. CONDIMENTS & SPICES			

WEIGHT OF RAW FOODS IN GRAMS

FOODSTUFF				FOODSTUFF			
FRUITS				MILK & MILK PRODUCTS			
29. Amla				45. Milk			
30. Apple				Curds			
31. Banana, Ripe				Butter Milk			
32. Lime & Orange				46. Skimmed milk, Liquid			
33. Mango, Ripe				47. Cheese			
34. Melon, Water				FATS & OILS			
31. Papaya, Ripe							
36. Tomato, Ripe				49. Ghee			
37. Others				50. Hydrogenated oil			
				51. Cooking oil			
FISH				OTHER FOODSTUFFS			
38. Fish, Fresh				52. Betel leaves			
				53. Biscuit, Salt			
39, Fish, Dry				54. Biscuit, Sweet			
				55. Bread, White			
40. Prawns				56. Sugar			
OTHER FLESH FOODS				57. Jaggery			
				58. Papad			
42. Chicken				59. Sago			
43. Liver, Goat				60. Toddy			
44. Egg, Hen				61. Horlicks			
				62. Farex			
				63. Amul, Amuls pray			
				Others :			

NATIONAL NUTRITION MONITORING BUREAU  
(Indian Council of Medical Research)  
INDIVIDUAL DIETARY INTAKE (ORAL QUESTIONNAIRE)\*

Family No \_\_\_\_\_ Name of the head of the family \_\_\_\_\_ Date \_\_\_\_\_  
Village \_\_\_\_\_ District \_\_\_\_\_ State \_\_\_\_\_

Particulars	Serial number of the Individual						
	1	2	3	4	5	6	7
Name							
Age in years							
Sex							
Physiological Status** : NPNL/Preg./Lact./BF/BF+S / S							
Height (cms)							
Weight (kgs)							
Arm circumference (cms)							
Fat Fold at Triceps (mms)							
Head Circumference (cms)							
Chest Circumference (cms)							
Clinical Signs [NAD(-)/Present(+)]							

	Type of preparation	Foodstuffs	Raw amount g.	Total cooked quantity	Individuals' Intake (Cooked Quantity)						
					1	2	3	4	5	6	7
Early morning											

\* Record participation in any feeding programme with details and food consumed outside the home. p.t.o.

\*\* NPNL : Non-Pregnant Non-Lactating; Preg. : Pregnant; Lact. Lactating; BF : Breast-fed only; S : Supplements only.



NATIONAL NUTRITION MONITORING BUREAU  
(Indian Council of Medical Research)  
NUTRITION ASSESSMENT SCHEDULE

Date :  
Village:

State: District: Taluk:  
Serial No. Family No. Block:  
Name of the subject : Sex: Male/Female  
Name of the Father/Guardian : Occupation :  
Income (per annum) : Date of birth : Age: .... Yrs .... mths.  
Source: Parents/record  
Breast fed/BF + Supplements/Not BF Pregnant/Lactating: ..... mths.  
(BF)

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ANTHROPOMETRY :

Heights (cms.) : Fat fold at triceps (mms.) :  
Weight (kgs.) : Head Circumference\* (cms) :  
Arm Circumference (cms) : Chest Circumference\* (cms) :

CLINICAL EXAMINATION :

<p style="text-align: center;">SParse01:</p> <p>Hair : Discoloured 02: Easily plucked 03: Moon face 04: Parotid enlargement 05. (bilateral, pamless) Oedema 06. Emaciation 07. Marasmus 08. Conjunctival xerosis 09. Bitot's spots 10. Corneal xerosis/ Keratomalacia11 Corneal opacity12. Night biindness13. Photophobia 14. Anaemia 15. Nasolabial dyssebacea 16. Angular stomatitis 17. Cheilosis 18. red &amp; raw 19. Tongue : Papillae-atrophic 20. Papillae-hypertrophic 21. Pellagra 22. Crazy pavement dermatosis 23.</p>	<p style="text-align: center;">Pigmentation at</p> <p>knuckles/fingers/toes 24. Phrynoderma 25. Koilonychia 26. Gums-spongy bleeding 27. Craniotabes 28. Epiphyseal enlargement 2?. Beading of ribs 30. Knock-knees/bow legs 31. Frontal parietal bossing 32. : -caries 33. Teeth : Mottled enamel 34. Enlargement of spleen 35. Enlargement of liver 36. Soft Firm Hard Thyroid enlargement 37. Others 38.</p>
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• For children below 5 years only.