Body Mass Index (BMI) of International Medical Student in OJHA Campus Karachi, Pakistan

{Original Article (Community Medicine)}


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ABSTRACT

Introduction: Measuring body mass index (BMI) by calculating height and weight gives significant information on the health and nutritional status of individuals. Wide range of factors including blood pressure level, heart disease, asthma, headache, backache, joint pain, anesthesia risks, menstrual abnormalities and insulin resistance is associated with increase in BMI.

Objectives: 1) To measure height and weight for Body Mass Index calculation. (2) To compare national data of Body Mass Index

Study Design: Cross sectional study.

Place and Duration of Study: This study was conducted at the Department of Community Medicine, Dow International Medical College (DIMC), Dow university of Health sciences OJHA campus Karachi from April 2012 to April 2013.

Materials and Methods: The sample of the study was 112 medical student selected through random sampling method from DIMC.

Results: BMI trend of American student (10.90%) and Pakistani Local student is slightly different were under weight in local Pakistani student (20.65%). While over weight were more in American student (over weight 29.64%). Majority of local and International students are fall in Normal range (55.35%). It was interesting that obesity in American students (3.70%) and local born students (3.44%) was almost same.

Conclusion: The study concludes that BMI of International student who were born in Pakistani
migrant family have different trend. However overall majority of students both local and international fall in normal BMI range.

**Key Words:** Body Mass Index, gastrointestinal surgery, osteopenia and osteoporosis

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