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POSTER PRESENTATIONS

PP 1

RELATIONSHIP BETWEEN BMI AND BODY FAT PERCENTAGE IN A YOUNG ADULT FEMALE POPULATION.

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Background: Body Mass Index (BMI) is used as a useful measure of classifying overweight and obesity. The relationship between BMI and body fat percentage (BF%) has been studied in various ethnic groups to estimate the capacity of BMI to predict adiposity. In clinical practice, use of BMI as an indicator of overweight and obesity is easy, but its reliability as a tool for measuring body fat on an individual level can be questioned. The objective was to determine the relationship between BMI and BF% in female undergraduates residing in hostels of University of Sri Jayewardenepura.

Methodology: An analytical cross sectional study was performed among 367 female hostellers (age group of 20-26 years) randomly selected using hostel registries. Height was measured using stretch-resistant measuring tape to the nearest 0.1 cm. Body weight and BF% values were taken using Karada Scan®, Body fat analyzer (Bioelectrical Impedance Analysis). Data analysis was performed using SPSS 16. Correlation and association was tested by Pearson correlation and Chi-square test respectively.

Results and Discussion: When BMI was categorized according to WPRO 2000 categorization specifically for Asians, 41.4% were underweight (<18.5 kg/m²), 43.1% were normal weight (18.5-22.9 kg/m²), 7.9%

(23-24.9 kg/m²) were overweight and 7.6% (≥25 kg/m²) were obese. 4.1% (≤19.9%) were with low, 59.1% (20.0%-29.9%) were with normal, 28.9% (30.0%-34.9%) were with high and 7.9% (≥35.0%) were with very high BF%. (p=0.000) Pearson correlation=0.630, Significance (2-tailed)=0.000

Conclusion: In the study population 15.5% were overweight and obese, 36.8% had high BF%. A significant association and correlation was found between BMI and BF%.

Ethical clearance for the study was obtained from Ethics Review Committee, Faculty of Medical Sciences, University of Sri Jayewardenepura and all subjects signed informed consent.

PP 2

HYDROLYZING ACTIVITY OF DIFFERENT TYPES OF STARCHES CONSUMED IN SRI LANKA

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Background: Type 2 diabetes, formerly known as non-insulin dependent diabetes mellitus accounts for most cases of diabetes mellitus worldwide. As one possible way to overcome diabetes, a great interest has been stimulated in understanding the relationship between different types of dietary carbohydrates and appetite regulation. Starch is the commonest storage carbohydrate in plants. Starch from all plant sources occurs in the form of granules which differ markedly in size and physical characteristics from species to species. Therefore, there is a great difference in the hydrolyzing rate by the enzymes. The aim of this study was to investigate