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Anthropometric measurements: A Comprehensive Approach to Assessing Nutritional Status and Health Outcomes

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Abstract

Anthropometry refers to the measurement of human body dimensions including those of bone, muscular tissue, and adipose (fat) tissue. Anthropometry, which entails measurements of height, weight, and body proportions, is a non-invasive, low-cost method of detecting malnutrition, stunting, wasting, and obesity. Anthropometric assessments are really very important to make sense of public health strategies at a global level and in a province like South Asia where the burden of malnutrition is high. Moreover, it is imperative to emphasize the multiple reasons for malnutrition including nutritional deficiencies sociopolitical factors. Targeted intervention planning, growth pattern identification, and informing public health interventions all depend on anthropometric information. It looks at the use of parameters such as head circumference, skinfold thickness, and body mass index (BMI) for morbidity risk prediction and measuring health. It looks at current management strategies, such as government interventions and hunger alleviation health campaigns. Anthropometric measurements must be accurate to inform targeted interventions, provide nutrition benefits to vulnerable populations, and address the global problem of undernutrition.

Keywords: Anthropometric measurements, BMI, malnutrition, nutritional status, obesity, public health policy, skinfold thickness

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