

NUTRITION SOCIETY OF INDIA

41st National Conference

Theme : Chronic Diseases : The New Pandemic

**Pre-Conference Workshop
on
“Assessment of Nutritional Status
and
Dissemination of the New RDA for Indians”**

19th November 2009



*Programme
And
Background Material*

**NATIONAL INSTITUTE OF NUTRITION
Indian Council of Medical Research
Hyderabad-500 604**

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ORGANISING COMMITTEE

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SCOPE OF THE PRE-CONFERENCE WORKSHOP

This Workshop conducted as part of the 41st National Conference of the NSI, is aimed at providing an overview on the use of certain basic tools of nutritional assessment. It is not an exhaustive course nor is it a substitute for a good textbook. It is solely for the purpose of providing the vital basics on which a strong structure on the use of statistics, anthropometry and BMR in nutrition can be subsequently built. The participants, armed with the knowledge of the correct methods of measurement, should subsequently standardize their technique under expert supervision. Thus, the scope is focused and the intended audience is students pursuing a Master's Degree in Nutrition or Doctoral candidates wanting a refresher.

The Workshop starts with an Inaugural Session, the highlight of which is the Keynote address on New RDA for Indians. The sessions on Biostatistics and Anthropometry will be run in parallel.

Topics covered in the biostatistics session range from basics such as data types and measures of central tendency, analyses of means and variances to hypothesis testing and sample size calculations. A lecture on Z scores and current WHO growth standards followed by a tutorial on the use of the SPSS (Statistical Package for the Social Sciences) software are also scheduled.

The participants of the anthropometry and BMR sessions will be grouped in to two batches (A and B), for ease of the demonstrations. Anthropometry will deal with the entire spectrum of measurements from height, weight and circumferences to fat-fold measurement. The session on BMR will focus on the best methods of measuring the BMR, the respiratory quotient and body composition, along with the advantages and disadvantages of the various methods in practice.

The organizers of the Workshop sincerely hope that the needs of the target audience will be catered to and that they will fully utilize the expertise of the resource personnel.

Organising Committee

CONTENTS

| | Page(s) |
|-------------------------------------------------------------------------|---------|
| Programme | ... 1 |
| Dissemination of the new RDA for Indians | ... 3 |
| Basics of biostatistics | ... 16 |
| Nutritional Anthropometry | ... 31 |
| Measurement of BMR and body composition | ... 47 |
| Research methodology | ... 63 |
| A tour through SPSS package | ... 91 |
| Anthropometric indicators and Z-scores: assessing nutritional status | ... 103 |