

Investigation of Body Mass Indexes of University students to identify the proportion of potential health concerned food and beverage consumers.

L.A. Perera¹ M.A. Jayasinghe² S.P.A.S. Senadheera³

Abstract

This study was conducted to reveal the current health status of university/college students, considering their Body Mass Index (BMI) values and thereby, to estimate the proportion of the young generation in our society who would require low fat and low carbohydrate food and beverage products to consume in near future. Individual BMI values ranges of 472, randomly selected undergraduates aged 16 yrs. – 26 yrs., were calculated by taking measurements of their heights and weights. The results reveal that 13.68% undergraduates are underweight, 43.34% are within the normal reference BMI range (18.5 – 24.9) and 41.63% were overweight. Exceeding the BMI value of 30, there were 1.35% of obese individuals.

Key words: Body Mass Index, Underweight, Over-weight, Obese

¹ Australian College of Business and Technology, Colombo, Sri Lanka

² Lecturer, Department of Food Science and Technology, Faculty of Applied Sciences, University of Sri Jayewardenepura, Sri Lanka

³ Department of Biochemistry, Faculty of Medical and allied Sciences, Rajarata University of Sri Lanka.