Table 3.1.  BMI classification (WHO, 2004) ---------------------------------55
Table 3.2.  Sample chosen for in-depth study ---------------------------------56
Table 3.3.  Predictive equations for BMR -------------------------------------67
Table 4.1.  General characteristics of the selected adults---------------------86
Table 4.2.  Demographic profile of the selected subjects----------------------89
Table 4.3.  Mean height, weight and BMI of the selected adults --------------91
Table 4.4.  Body Mass Index of the subjects ----------------------------------93
Table 4.5.  Dual prevalence of undernutrition and overnutrition among the selected subjects ---------------------------------------96
Table 4.6.  Body Mass Index by age ------------------------------97
Table 4.7.  Body Mass Index by type of family -------------------------100
Table 4.8.  Body Mass Index by gender ----------------------------------102
Table 4.9.  Body Mass Index by area of residence ---------------------104
Table 4.10.  Body Mass Index by religion -----------------------------106
Table 4.11.  Body Mass Index by educational level ------------------------108
Table 4.12.  Body Mass Index by occupational activity-----------------111
Table 4.13.  Body Mass Index by personal income of the adults -----------112
Table 4.14.  Age, height, weight and BMI of the selected subjects -------115
Table 4.15.  Energy intake (Kcal) at different meals as per BMI status -----------------------------------------------117
Table 4.16.  Ranks of motivating factors on food intake------------------118
Table 4.17.  Ranks and mean values of demotivating factors on food intake-----------------------------------------------119
Table 4.18.  Components of Total Daily Energy Expenditure--------------120
Table 4.19.  Physical activity level (PAL) of the subjects ---------------122
Table 4.20.  Time spent on physical activities-----------------------------125
Table 4.21.  Ranking of enabling factors on performing physical activity-----------------------------------------------126
Table 4.22. Ranks of barriers for performing physical activity

Table 4.23. Energy balance of the selected adults

Table 4.24. Correlation of BMI with components of energy balance


Table 4.26. Mean waist circumference (cm) of the selected adults as per BMI status

Table 4.27. Waist circumference profile of the subjects based on WHO (2011) cut off

Table 4.28. Mean hip circumference (cm) of the selected subjects as per BMI status

Table 4.29. Mean waist hip ratio of the selected subjects as per BMI status

Table 4.30. Waist to hip ratio profile of the selected subjects as per BMI status

Table 4.31. Triceps skinfold (mm) of the selected subjects as per BMI status

Table 4.32. Biceps skinfold measurements (mm) of the selected subjects as per BMI status

Table 4.33. Subscapular measurements (mm) of the selected subjects as per BMI status

Table 4.34. Suprailiac measurements (mm) of the selected subjects as per BMI status

Table 4.35. Correlation of BMI with anthropometric parameters

Table 4.36. Mid upper arm circumference (cm) of the selected subjects as per BMI status

Table 4.37. Mid upper arm area (cm²) of the selected subjects as per BMI status

Table 4.38. Mid upper arm muscle circumference (cm) of the selected subjects as per BMI status

Table 4.39. Mid upper arm muscle area (cm²) of the selected subjects as per BMI status
Table 4.40. Corrected mid upper arm area (cm$^2$) of the selected subjects as per BMI status

Table 4.41. Mid upper arm fat area (cm$^2$) of the selected subjects as per BMI status

Table 4.42. Arm fat index of the selected adults as per BMI

Table 4.43. Correlation of BMI with body composition indices

Table 4.44. Per cent body fat from sum of skinfold thickness of the selected subjects as per BMI

Table 4.45. Body fat from body density by Siri’s equation of the selected subjects as per BMI

Table 4.46. Per cent body fat from Deurenberg et al. (1991) equation for the selected subjects as per BMI

Table 4.47. Per cent body fat from Goel et al. (2008) equation for the selected subjects as per BMI

Table 4.48. Per cent body fat from bioelectrical impedance analysis for the selected subjects based on BMI

Table 4.49. Mean per cent body fat obtained from various indices for the selected subjects

Table 4.50. Correlation of BMI with per cent body fat (PBF)

Table 4.51. Body composition pattern of the selected subjects

Table 4.52. Summary of the results of the correlates of Body Mass Index from the present study

Table 4.53. Background information of the software

Table 4.54. Scores of reliability using test-retest method

Table 4.55. Reliability using parallel method (Calebor vs. manual computation)

Table 4.56. Mean scores of testing validity by experts and field test