

To assess the nutritional status of women suffering from hypothyroidism

Nidhi Dubey¹, Divya R. Singh² and Ranu Prasad³

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ABSTRACT : Nutritional status of 90 hypothyroid female patients was assessed. The survey method was adopted and information was collected with the help of pre-tested schedule. Twenty four hour dietary recall technique was used and anthropometric measurements of subjects were recorded. The results obtained revealed that incidence of hypothyroidism was high in females of 51-60 years of age. The respondents surveyed had a sedentary life style, as most of them were businesswomen, housewives, and professionals like teachers and nurses. Most of the respondents had weight gain, body swelling, puffiness and poor appetite as the main symptoms. It was also observed that most females had hypothyroidism after menopause. Statistically it was found that energy and fat intake had a significant effect on the respondents of different income group. 91.11% respondents were found to be obese which was mainly because of two reasons, high energy intake than required and due to edema.

Key Words : Anthropometric measurement, Dietary recall