

The NGDS Pilot Project: Anthropometry of the Pakistani Children

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The NGDS (National Growth and Developmental Standards for the Pakistani Children) Pilot Project aims to establish a national anthropometrical-data library of the future torchbearers of this nation. Over 1000 healthy children studying in representative institutions run by the Armed Forces of Pakistan (one each belonging to the Pakistan Army — Army Public School and College, ‘O’ Levels; the Pakistan Navy — Bahria College, NORE I; the Pakistan Air Force — Fazaia Degree College, PAF Base ‘Faisal’; all located in Karachi) are measured using inexpensive anthropometric instruments developed from local resources as per internationally-accepted protocols (strict following of human-right protocols, all measurements performed during first half of the day by reproducible measurers, measuring instruments calibrated at the start of each daily session with zero errors recorded and incorporated in collected data, children barefooted and bareheaded as well as completely undressed except short underpants, all clothing above the waist removed). Accuracy and precision of these instruments are comparable to those purchased in the international market. The measurements obtained were standing and sitting heights, shoulder widths, weights and mid-upper-arm circumferences. Fig.1a-d illustrate measurements of height and weight performed on a boy and a girl.



Fig.1a-d. Height and weight measurements

Benefits and Usefulness:

- i) Health education and awareness
- ii) Regular monitoring of height and weight
- iii) Screening for growth retardation, trunk deformities, poor posture and gait
- iv) Training of school doctors and physical-education instructors

Keywords: Armed Forces of Pakistan • Gait • Mid-upper-arm circumference (MUAC) • Posture • Shoulder width • Sitting height • Standing height • Weight • Trunk deformities

Web address of this document: <https://www.ngds-ku.org/Presentations/NGDS.pdf>