

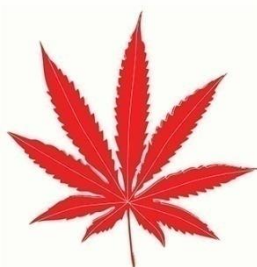


Conference Abstract
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Conference Abstract

NUTRI TIONAL HEALTH PROBLEMS OF TRANSGENDERS AND THEIR MEDICAL NUTRITION THERAPY

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ABSTRACT

Background: Nutritional Health Status Assessment was performed for Transgender / Eunuchs to find out the current health issues along with Nutritional Deficiencies they were facing.

Methodology: Currently this cross sectional study was carried out in Fountain House Sargodha under the Institute of Food Sciences and Nutrition, University of Sargodha. Total participants (150) who belongs to third gender community were selected for Nutritional Health Status Assessment. Eunuchs / transgender who were agreed for NHS were included in study and those who were having any serious health problems were excluded. The purpose was as Eunuchs experience unique health disparities but are the subject of life focused health research. Demographic Performa with dietary guidelines was used to maintain the record for calculations and health assessing equipment's were used to check Height, weight, Body Fats, Water Composition, Muscle mass, Bone mass, AMR, Pulse rate, Oxygen saturation rate, Blood Pressure.

Results: Results using descriptive statistics showed that average mean height among 90% of Eunuch's were having height range within 164.64cm, Body fats were 31.38% higher than normal. Water Composition was very low (50.025%) should be more than 65%, Whereas muscle mass was in range (36.39%).

Conclusions: it was concluded that 90%- 95% trans genders were facing many Nutritional deficiencies and were categorized as being Obese.

Key words: Nutritional Health status, Transgender, Active Metabolic Rate.