

## Assessment of anthropometric parameters of alcohol dependent inpatients – selected clinical characteristics

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**Abstract – Introduction.** The aim of the research was to assess the anthropometric parameters of alcohol-dependent inpatients. The analysis of the results also included the assessment of the relationship between selected clinical characteristics and the nutritional status of the examined patients.

**Material and Methods.** The examined group was composed of 50 alcohol-dependent men aged 27 to 69 undergoing alcohol dependence inpatient treatment. A social and demographic interview was carried out for the patients, their anthropometric measurements and blood samples were taken for laboratory tests.

**Results.** The anthropometric research demonstrated that 53.1% of the examined men had BMI scores above the norm (no BMI below proper values were found), and the WHR index ( $\geq 0.9$ ) in over 90% patients exceeded the norm. The percentage content of fat tissue in 4.2% of the examined persons was below the norm and it exceeded the upper limit of the norm in 25% of the patients. No protein nutrition deficiencies were found in the examined group.

**Conclusions.** It was found that nutritional status indices in the examined alcohol-dependent inpatients did not show malnutrition and quite often exceeded the upper limits of normal values.

**Key words:** alcohol dependence, nutritional status, nutritional indices

### INTRODUCTION

It is assumed that 15% of people in Poland abuse alcohol and 2% of the population is alcohol-dependent (1, 2). Health damage to persons abusing alcohol results not only from the direct effects of ethanol and its metabolite – acetaldehyde – on the human body, but also from the secondary effects of alcohol abuse, such as deficiency factors related to nutritional deficits or absorption disorders. Furthermore, the susceptibility to post-alcoholic problems is affected not only by genetic conditions but also other

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