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**TITLE:** Preliminary Assessment of the Physical Anthropometry of the Trinidad  
&Tobago Population

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Physical anthropometry refers to the measurements of human body in order to determine physical differences among human beings. It takes into consideration dimensions of the skeletal structure and measurements of muscle and fatty tissue. Population specific anthropometric data is of great importance as human dimensions are necessary for the efficient and safe design of all products and environments with which humans will interact. Distinctive applications of anthropometric data include the design of workplaces especially construction and engineering sites, equipment and safety gear, medical tools and prostheses, and many household products. Anthropometric data is also beneficial for the monitoring of population health. Knowledge of body mass index can be used to address and monitor the onset of medical conditions e.g. metabolic syndrome.

This study highlights the need for anthropometric data in Trinidad and Tobago and focuses on the collection of anthropometric data. This data has been statistically analyzed and compared to that available for other populations.