

Study: 71% Indians Suffer from poor muscle health

25 July 2018 | News

71% Indians across eight cities have poor muscle health and 68% Indians have lower body protein content than required levels, leading to poor muscle health



According to a recent nationwide study by InBody a global leader in body composition analysis in association with IPSOS, leading global market and opinion research firm, an alarmingly large proportion of Indians suffer from poor muscle health.

The study was conducted across 8 cities – Delhi-NCR, Mumbai, Kolkata, Chennai, Ahmedabad, Lucknow, Patna and Hyderabad. Covering 1,243 people, the respondents were a mix of working and non-working individuals between the age of 30-55 years.

As per the study, 71% Indians suffer from poor muscle health and need to gain muscle mass. Poor muscle mass could lead to impaired muscle function, fatigue and poor metabolic health.

Statistics indicate that Lucknow has the highest percentage of males and females having poor muscle mass, with 82% of males and 80% of females. On the other hand, Delhi-NCR has a lower percentage of people with poor muscle mass, with 64% of both males and females.

From the 8 surveyed cities, the data revealed that more than 70% of males and females in the age group of 30-50 need to gain more muscle mass.

The study also analysed the body protein level and the trend was similar to that of the poor muscle mass levels.

Nutrition and exercise have been shown to play a major role in improving muscle health. With reference to nutrition, one specific nutrient that plays a role in muscle health is Protein. The present research acknowledges the importance of protein in daily diet and exercise to maintain good muscle health.

Adequate intake of dietary proteins is vital to maintaining muscle mass as it ensures the provision of essential amino acids and stimulates protein synthesis. Dietary protein and/or specific amino acid ingestion largely increases muscle protein synthesis rates and inhibits protein breakdown, thus favouring net muscle protein deposition.

The quantity of protein and the Essential Amino Acids are the most important stimuli for protein synthesis. Along with adequate protein intake, exercise also plays important role in stimulating muscle protein synthesis and good muscle health.

According to the study, 7 out of 10 people at the pan India level having poor muscle health is a matter of great concern and it is important to find out ways and means to address this issue. There is an urgent need to spread awareness about Muscle Health, role of adequate protein intake and exercise for a healthy life.