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Co-relation of body mass index with the prevalence and severity of asthma in urban children aged 7-12 years of district Faridkot, Punjab, India**Simranjit Kaur**

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A cross-sectional study was undertaken to assess the co-relation of BMI with the prevalence and severity of asthma in 23 school children aged 07-12 years and the BMI of 16.27 3.11. Automated spirometer was used to assess the lung function tests of the children. Peak Expiratory Flow Rate (PEFR) was mainly used as a guideline to make the diagnosis of asthmatic or non-asthmatic based on the spirometric results. Reversibility of airway obstruction was done by repeating spirometry after two puffs of salbutamol inhaler. The results indicate that BMI, which is a measure of body fat, has a strong co-relation with the lung function tests. A significant decrease was observed in the values of pre-PEFR and Forced Expiratory Volume in one second (FEV1) with an increasing BMI indicating that body fat has a bearing on the severity of asthma ($p=0.001$). No significant relationship was identified between % FEV1 and BMI. Per-PEFR showed a trend towards becoming significant ($p=0.187$). This study supports the view that there is a definite trend co-relating severity of asthma symptoms and body weight.

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