

## EVALUATION OF BODY MASS IN ADOLESCENCE IN GREECE

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Western way of life proved to be the main cause of obesity in adolescence that predisposes for a variety of health problems later in life. This study was conducted with the aim to record the body mass of 103 adolescence (45 boys, 58 girls) aged 14-19 years old (mean age 17,8 y) who presented in the Adolescence Unit in our Hospital during 2002. Weight and height were carefully measured and body mass was computerized using the form weight kg)/height<sup>2</sup> (m<sup>2</sup>). Results: The mean weight and height for the boys were 70.8 kg and 1.74 m respectively and for the girls 59.7 kg and 1.64 m respectively. Body mass was found normal (18-25 kg/m<sup>2</sup>) in all cases except for the 15 year-old boys which was slightly increased (table). No difference was detected between boys and girls.

| Age (y)       | 14     | 15       | 16       | 17     | 18       | 19       |              |                |
|---------------|--------|----------|----------|--------|----------|----------|--------------|----------------|
| Total No boys |        | 03       | 37       | 61     | 79       | 106      | 1932         | 4558BM         |
| girls         |        |          |          |        |          |          |              |                |
| boys(m+sd)    |        | 0.72+19- |          | 4+6.42 | 1.3+26.5 |          | 2.720,9+21.5 | +23.7          |
| girls         | 6+4.32 | 3.5      | 4.4+4.22 | 1.7+23 | 3.2+52   | 2.2+23.1 |              | 3.8+3.622+23.2 |

Conclusions: Contrary to recent reports that insisted an increase incidence of obesity in adolescence ,in our study body mass index was found normal. However, more studies enrolling larger number of cases in many western countries are needed to give safe and clear conclusions.