

# BODY MASS VARIABILITY IN CHILDREN AGED 11–18

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The main target of our survey is to create an anthropological database regarding body mass in children aged 11–18, which will serve as national population control, a reference point for establishing normality as concerns children and teenagers' processes of growth and development, and pathological potential tendencies situated at the two ends of the somatic anthropological variability range. In order to prevent nutrition generated diseases, our research tries to determine the age when the first signs of gliding on a pathological slide from the somatic growth and development point of view appear. In this context, medical anthropology can contribute to prevention of skids in the youth's process of growth and development through an anthropological monitoring action, additional to their medical monitoring. WHO recommended the use of anthropometrics in national and local monitoring systems concerning nutritional health, in order to provide information applicable to national health politics and programmes and in the interventions of prevention services.

## MATERIAL AND METHOD

Our study makes reference exclusively to children and teenagers aged 11–18 from Bucharest city, in the period 2004–2006. The subjects were pupils from secondary schools, high schools with theoretic profile and high schools with practical profile (almost 1,378 boys and 1,860 girls).

This fundamental research aims to be a contribution to WHO' s efforts to assemble an international reference population, a reference point for assessing the harmonious growth and development of children across countries from all over the world.

Simultaneously with collecting the anthropometrical data a questionnaire regarding the nutritional behavior was applied, meant to correlate in a further study the somatic typology with food habits.

## DISCUSSIONS

We must state from the very beginning that we have in front of us a transversal anthropological correlation, which by its nature offers information upon