

BODY MASS IN TRANSYLVANIAN URBAN POPULATION

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The present study approaches the variability of some body mass dimensions and indices in Transylvanian urban population, regarding their nutritional health status. We monitor the evolution by age, sex and residence area of the main body dimensions and BMI (body mass index), a sensitive indicator of nutritional health status. We recorded differences regarding evolution by age and sexual dimorphism, both for dimensions and the body mass indices we analyzed. By the method of Z-score values, we highlight the ages from where the somatic changes begin, which can signalize the pathological potential tendencies regarding the nutritional health status.

The research of body constitution, specifically the analysis of body dimensions and indices, opens a new path for passing from fundamental research in anthropology to the applied one, displaying a wide palette of anthropological valences in the field of medical research and the designing one within industry.

An “anthropological monitoring of population” could be achieved by medical anthropological researches, correlative to “the medical surveillance”, contributing so to the emergence of several preventive politics for nutritional health of population.

The concept of “anthropological monitoring” of population makes reference to the researches that highlight anthropometrical dimensions and body mass indices variability and reflect nutritional health status, normality and/or pathological potential tendencies situated at the two ends of their variability.

The “anthropological monitoring of the population” regarding the nutritional health status must be conducted for the entire period of children and teenagers’ growth and development, at the first signs of the “somatic vulnerability”, otherwise incurring a high risk of gliding on pathological slide (which can be only partly remediable).

MATERIAL AND METHOD

The present study considers a series of body mass dimensions (height, sitting height, length of inferior limb, weight, thorax and abdominal perimeters) and the Body mass index that was upheld by W.H.O. and applied by us in the recent years.