

ANTHROPOMETRIC REFERENCES OF THE PORTUGUESE ADULT AND OLDER ADULT POPULATION

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INTRODUCTION

Anthropometric evaluation is an important step in the evaluation of the nutritional status of an individual. For a correct interpretation of the information, updated reference data that reflects the assessed population should exist. This kind of references allow to identify the individuals at risk, and those who deviate from the norm, considering a given population.

OBJECTIVES

This work aims to develop anthropometric references to the Portuguese adult and elderly population for weight, height, BMI, waist circumference and waist to height ratio.

METHODOLOGY

This research integrates data resulting from the study “Alimentação e estilos de vida da população Portuguesa” which was planned and organized by the Sociedade Portuguesa de Ciências da Nutrição e Alimentação (SPCNA), with the support of Nestlé®. Data analysis is based on 3421 Portuguese individuals aged equal or higher than 18 years. For the development of percentile smoothed curves we used the LMS software.

RESULTS AND DISCUSSION

In general, height decreases with age, while weight increases approximately until 50 years followed by a gentle descent. BMI, PC and PC/height increase with age.

CONCLUSION

The development of anthropometric references to the Portuguese population becomes useful in a perspective of implementation of standardized assessment procedures, similar to what already happens for children.

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