

# ANTROPOMETRIC MEASUREMENTS OF THE PORTUGUESE ADULT AND ELDERLY POPULATION

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Comunicação oral 20

## INTRODUCTION

Anthropometric evaluation is an important step in the evaluation of nutritional status of an individual. For a correct interpretation, we should use updated reference data of the population at study.

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## METHODS

This research integrates information resulting from the study “Alimentação e estilos de vida da população Portuguesa” of SPCNA (Portugal), with the financial support of Nestlé. We study the height, weight, body mass index (BMI), waist circumference and waist-to-height ratio (WtHR) of a representative sample of the Portuguese population consisted of 3421 individuals, aged  $\geq 18$  years. For the development of percentile smoothed curves for age and sex we followed the LMS procedure to obtain polynomial regressions for the exponent of the Box-Cox (L), the median (M) and the generalized coefficient of variation (S).

## RESULTS

In general, the younger adults are taller and have lower BMI, waist circumference and WtHR. The maximum weight is observed for individuals aged near 50 years old. We observed regional differences in these anthropometric measurements.

## CONCLUSIONS

These anthropometric references will allow us to better identify individuals that deviate from the Portuguese norm, similarly to what is done for paediatric ages.

## ACKNOWLEDGEMENTS

We thank all the support from Professors Teixeira VH, Moreira P, Durão C, Pinho O, Silva D, Lima Reis J and Teixeira Veríssimo M.

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