

Assessment of growth and nutritional status in preschool children from Albanian nationality

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Growth monitoring and promotion of optimal growth are essential components of primary health care for children. Serial measurements of weight, height/length, for all children and measurements of circular and transversal parameters compared with growth of large sample population help to confirm a child's healthy growth and development [1]. It also allows early identification of potential nutritional or health problems and enables prompt action before a child's health is seriously compromised [2]. The aim of the study was evaluation of sex-specific differences of anthropometric parameters as indicator of growth and nutritional status in preschool children from Albanian nationality. Ten anthropometric parameters were measured on healthy children, defining longitudinal, circular and transversal dimensionality of the skeleton using standard technique and instruments. The following indices were calculated: weight-for-age; height for age and body mass index (BMI). The majority of anthropometrical parameters have shown significant age and sex specific differences in favour of male subjects. The height-for-age index values corresponding to the 50th percentile showed slightly higher values in our female subjects 110 cm than in our male subjects 107.1 cm. The values of 50th percentile of BMI in our male subjects were 16.7 kg/m², whereas in our females were 16.2 kg/m². These results show that obesity prevention is recommended, and detected values could be applied for evaluation of deviations in growth and nutritional status in preschool children from Albanian nationality.

References

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Key words

Preschool children, anthropometry, growth, nutritional status.