

Body Mass Index and Dietary Intake Amongst Alabama Students and Georgia Campers: A Secondary Analysis

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Abstract : The present study investigated two adolescent populations between the ages of 10-14 years of age from two different studies: a dietary assessment validation study conducted at the Georgia 4-H Rock Eagle summer camp (Eatonton, Georgia) and a middle-school diet study at an Alabama middle school (Birmingham, Alabama). Energy intake and meal consumption were recorded via either direct observation of camp lunch or weighing and photography of school lunch trays. Child weight and height were measured to calculate Body Mass Index (BMI) and compared to CDC growth charts to assess percentile or Z-score. Results showed that those participants categorized with higher BMI had a statistically significant and positive correlation with energy intake (kcal). Future research should increase the sample size and include a broader subject size which includes those of a younger childhood population, to assess the effect of age.

Keywords : BMI, adolescent, direct observation, dietary intake

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