

Assessment of Body Mass Index among Children of Primary School in Behbahan City

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Abstract : With increase in fat and over weight in children and its undesirable effects on different organisms of the body and since many of the sicknesses are due to over weight and with losing weight these sicknesses disappear, and on the other hand with mal nutrition and under weight in children other kind of sicknesses such as derogation of body's security system, frequent infection, insufficient growth, shortness, and delay in maturity etc. are some of the signs of being under weight. Therefore recognition of signs of over weight and under weight and their prevalence in children are important. To determine this difficulty we have used the body mass index as screening tool since it is very prevalent and a good and important guide and has very good relation with body fat in children. In this study 2321 students from primary schools in Behbahan have been chosen randomly and evaluated by height and weight and their body mass index have been calculated and then recorded on the BMI percentile diagram which is for age and gender. The following results obtained: The amount of total fat, over weight and slimness are 9.3, 12.1 and 12.32 percent respectively. Therefore 21.4% of the children were over weighted. It did not show any meaningful statistical relation in fat conditions among boys and girls, but there has been a meaningful statistical relation in slimness among boys and girls.

Keywords : assessment, students, Behbahan, Body Mass Index

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