Nutritional status in children with intellectual disabilities based on anthropometric proile [Peril antropométrico en función del estado nutricional de niños con discapacidad intellectual]

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Introduction: Anthropometric variables such as weight, height and body length in children and adolescents with and without intellectual disabilities should be studied in connection with nutritional status, physical growth and biological maturation. Objective: a) to analyze the anthropometric proile based on nutritional status, b) to determine the prevalence of overweight and short stature c) to propose equations for predicting height from anthropometric variables. Methods: A total of 49 children and adolescents with intellectual disabilities, and from a special education school were studied (30 boys and 19 girls). Weight, height, trunk-cephalic height, forearm and foot length were evaluated. The calculation of nutritional status resulted in the establishment of nutritional categories: underweight, normal and overweight. Results: The anthropometric proile of males varies signiicantly when classiied according to nutritional categories ($P<.05$); however no variations were observed in the girls ($P>.05$). Also, high values of overweight prevalence were observed in both genders (43% of boys and 26% of girls). Variables such as age, weight, length of the forearm in females, and foot length in males are good predictors of height ($R^2 = 91-94\%$ males and $R^2 = 87\%$ females).

Conclusions: A high percentage of overweight cases were observed; therefore, rigorous control and monitoring of nutritional status are suggested. The proposed regression equations could be an option in schools to easily and simply predict height. © 2014 Sociedad Chilena de Pediatría.

Anthropometry

Intellectual disability

Nutritional status

School children

adolescent

anthropometric parameters

Article

body height

body weight

child

clinical article

female

foot length

forearm length

human

intellectual impairment

male

nutritional status

obesity

prevalence

school

trunk cephalic height

underweight

anthropometry

complication

intellectual impairment

Overweight

physiology

Adolescent

Anthropometry

Body Height

Body Weight

Child

Female

Humans

Intellectual Disability

Male

Nutritional Status

Overweight

Prevalence

Thinness