

Assessment body composition in children and teens: Guidelines and recommendations [Evaluación de la composición corporal en niños y adolescentes: Directrices y recomendaciones]

Gatica C.C.

Flores A.A.

Rodríguez F.R.

Farias T.Y.

de la Rosa F.B.

Salazar C.M.

Aguilera C.J.

Ávila C.B.

Urra P.S.

Montero C.C.

Chávez J.B.

Aguilante J.P.

Brunet L.N.

The body mass index (BMI) provides one of the indices used to determine the nutritional status of the population worldwide, where despite the existence of clear recommendations for interpretation and defined as gender, age, race, etc. usually their classification, independent of the variables is standardized, increasing the error in the result and classification of nutritional status. The use of body composition through anthropometry, delivers more information than BMI, being fat mass and muscle mass leading useful results. This article presents a review of existing and proposed those equations simpler and less error estimate to be used as a tool to replace or supplement to BMI, promoting a better understanding and interpretation of nutritional status and level of physical activity in children and adolescents. © 2016, Grupo Aula Medica S.A. All rights reserved.

BMI

Body composition

Children and adolescents

adolescent

anthropometry

body composition

body mass

child

classification

consensus development

fat mass

gender

human

muscle mass

nutritional status

physical activity

race