

# Theoretical approach of physical growth of children and adolescents [Enfoque teórico del crecimiento físico de niños y adolescentes]

Gomez-Campos R.

Arruda M.

Luarte-Rocha C.

Albornoz C.U.

Fierro A.A.

Cossio-Bolaños M.

According to their genetic potential, biological characteristics and environmental factors, the study of physical growth allows us to understand the variability of this process in humans. Extrinsic and intrinsic factors could affect the normal process of physical growth, which are studied through different types of research, becoming an interesting subject for professionals in the health sciences. The aim of this study is to analyze the factors affecting physical growth and describe the types of research (transverse, longitudinal and ex post facto) used in the study of physical growth. Intrinsic factors, environmental factors and the interaction between them should be studied in diverse population prioritizing the potential factors affecting physical growth of children and adolescents. This will diagnose, classify and monitor physical growth versus time (transverse and longitudinal) and retrospectively (ex post facto). Consequently, the possibility for researchers and/or private and government institutions arises to promote validated anthropometric studies, helping to implement effective health policies for various purposes such as excess weight control in childhood and other disease entities related nutrition.

Adolescent

Body weights and measures

Child

Child development

Growth

Infant

intrinsic factor

anthropometry

body growth

child growth

environmental factor

health care policy

human

retrospective study

Review

weight control