

## Anthropometric Survey of 18-20 Years Old Adolescents from Varna

*D. Naidenova, D. Stavrev, M. Yaneva*

*Medical University, Varna*

Deviations from the normal weight are important for identifying metabolic risk. In practice, the categorization of body weight is mostly based on body mass index (BMI). The aim of this study is to obtain updated information on anthropometric status of young people aged 18-20 years from the town of Varna, to compare results with those collected 7 years ago and to match them with the standards for body weight. Deviations from normal BMI at 18-20 years old adolescents are decreased in recent years. This applies both to underweight and overweight. Obesity is a problem typical for a later age, which could be explained by the cumulative effect of years and of accumulated behavioral risk factors.

*Key words:* anthropometry, BMI.