

Anthropology and Anatomy

Prevalence of Underweight and Overweight among Preschool Children from Sofia Assessed through Different International References

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The aim is to describe the frequency of categories nutritional status in Bulgarian preschool children according to different classification systems based on body mass index.

Results: The overall prevalence of overweight including obesity in boys is 7.8%, 9.3%, 12.0% according to WHO, IOTF, BG respectively. In girls, overweight including obesity varied from 9.4% (WHO), 10.6% (IOTF), and 13.4% (BG-references). The overall frequencies of moderate and severe thinness in boys are 14.2% and 2.0% (IOTF), and 12.2 % and 5,1 % (BG-reference). In girls the moderate thinness frequency is 9.10% and 7.0% assessed by IOTF and BG values respectively and girls classified as severe thin are 3.4% (IOTF) and 6.7 % (BG-reference). The total prevalence of thinness according to WHO criteria is 0.7%.

Conclusion: We found significant differences in estimated frequencies of thinness and overweight using the three selected criteria. In the absence of a global definition, we need both national and international growth references.

Key words: underweight, overweight, thinness, preschool children, body mass index, international body mass index references