

Table 1 Descriptive data of the anthropometric measurements for boys by age

Variable/group	Age 6.5 ± 1 years			Age 8.5 ± 1 years			Age 10.5 ± 1 years		
	No.	Mean	SD	No.	Mean	SD	No.	Mean	SD
BMI (kg/m²)									
Normal	179	16.57	1.20	232	17.39	1.47	150	17.72	1.79
Overweight	43	19.54	0.73	22	22.25	1.03	18	24.50	0.99
Obese	12	23.32	1.51	13	25.31	1.36	12	28.34	1.32
Total	234	17.47	2.11	267	18.18	2.54	180	19.11	3.62
Waist circumference (cm)									
Normal	177	53.06	3.84	231	57.50	4.67	150	62.10	5.69
Overweight	43	56.56	4.65	22	68.52	8.18	18	75.67	9.61
Obese	12	63.43	6.57	13	76.01	5.60	12	86.03	8.05
Total	232	54.25	4.87	266	59.32	7.02	180	65.05	9.37
Subscapular skinfold (mm)									
Normal	179	5.42	1.29	231	5.95	1.72	150	8.06	3.51
Overweight	43	6.98	2.64	22	12.60	4.68	18	21.12	6.26
Obese	12	8.70	4.69	13	18.22	5.85	12	22.70	6.38
Total	234	5.87	2.09	266	7.10	3.95	180	10.34	6.54
Suprailiac skinfold (mm)									
Normal	179	4.17	1.41	225	4.75	1.78	150	6.01	2.72
Overweight	43	5.21	2.08	22	9.70	3.64	18	13.24	5.87
Obese	12	7.42	3.37	13	13.95	5.48	12	13.90	5.53
Total	234	4.53	1.85	260	5.63	3.28	180	7.26	4.38
Sum of 2 skinfolds (mm)									
Normal	179	9.59	2.09	225	10.71	3.28	150	14.06	5.91
Overweight	43	12.19	3.78	22	22.30	7.56	18	34.36	10.66
Obese	12	16.12	7.05	13	32.17	0.73	12	36.60	9.29
Total	234	10.40	3.32	260	12.76	7.04	180	17.60	10.40
Body fat (%)									
Normal	164	12.72	6.52	211	12.71	7.78	138	15.98	9.75
Overweight	43	17.11	7.44	21	27.01	7.01	18	35.72	9.13
Obese	10	29.27	5.57	13	31.26	8.67	12	38.19	5.26
Total	217	14.35	7.61	245	14.92	9.53	168	19.68	12.33

SD = standard deviation; BMI = body mass index.