

Table 1 Anthropometrics of the study sample

	Boys (n = 909)		Girls (n = 909)		P
	Mean	SD	Mean	SD	
Age (years)	16.03	1.67	15.58	1.68	> 0.05
Weight (kg)	56.34	9.80	53.37	8.90	> 0.05
Height (m)	1.66	0.09	1.60	0.07	> 0.05
BMI (kg/m ²)	20.11	2.47	20.61	2.82	> 0.05

BMI, body mass index; SD, standard deviation

P for t test