

Table 1 Anthropometric measurements of the Iranian schoolchildren, by age and sex

Age (years)	Weight (kg)	Height (cm)	BMI (kg/m ²)	P-value ^a	
	Mean (SD)	Mean (SD)	Mean (SD)		
Boys					
7	25.09 (5.53)	122.96 (5.18)	16.50 (2.81)	0.09	
8	29.10 (7.01)	129.50 (5.84)	17.19 (3.05)		
9	32.82 (8.17)	134.70 (6.16)	17.93 (3.44)		
10	36.24 (9.52)	139.14 (5.84)	18.70 (3.84)		
11	41.62 (11.92)	143.13 (8.29)	20.22 (4.36)		
Girls					
7	24.56 (5.30)	121.99 (5.74)	16.39 (2.62)		
8	28.93 (7.09)	127.43 (6.05)	17.65 (3.34)		
9	33.11 (8.18)	133.84 (6.45)	18.32 (3.49)		
10	36.43 (9.32)	139.67 (7.50)	18.47 (3.48)		
11	43.80 (11.97)	146.79 (8.37)	20.14 (4.43)		

^aIndependent sample t-test; P < 0.05 was considered statistically significant.

BMI = body mass index, SD = standard deviation.