

Table 2 Descriptive data of the anthropometric measurements for girls 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	149	16.64	1.20	186	17.02	1.57	160	17.98	2.17
Overweight	33	19.71	0.64	18	21.82	0.75	20	24.54	0.93
Obese	23	23.14	1.67	7	25.57	1.92	6	28.14	1.07
Total	205	17.86	2.49	211	17.71	2.50	186	19.01	3.33
Waist circumference (cm)									
Normal	147	53.18	4.32	186	57.98	6.51	160	62.34	7.20
Overweight	33	58.78	5.15	18	66.89	5.88	20	77.33	5.47
Obese	23	64.23	8.12	7	73.50	5.89	6	86.32	8.71
Total	203	55.34	6.26	211	59.26	7.37	186	64.72	9.32
Subscapular skinfold (mm)									
Normal	147	6.23	2.20	186	8.07	3.76	160	9.83	4.25
Overweight	33	9.08	2.88	18	14.54	4.52	20	20.39	6.67
Obese	23	11.03	5.06	7	18.80	5.80	6	26.75	7.88
Total	203	7.24	3.25	211	8.98	4.66	186	11.51	6.35
Suprailiac skinfold (mm)									
Normal	148	4.76	1.64	186	5.92	2.93	160	7.61	3.35
Overweight	33	6.61	2.49	18	9.04	4.51	20	14.18	6.45
Obese	23	8.00	2.82	7	12.96	8.62	6	17.47	9.35
Total	204	5.43	2.26	211	6.42	3.68	186	8.63	4.80
Sum of 2 skinfolds (mm)									
Normal	147	10.96	3.26	186	13.99	6.28	160	17.44	7.00
Overweight	33	15.69	5.16	18	23.59	8.04	20	34.57	11.83
Obese	23	19.03	6.99	7	31.76	3.96	6	44.22	12.58
Total	203	12.64	5.05	211	15.40	7.87	186	20.14	10.42
Body fat (%)									
Normal	146	14.66	6.82	179	16.34	7.83	155	19.14	9.22
Overweight	33	25.00	7.74	18	29.71	7.41	19	34.82	9.30
Obese	21	30.98	10.58	7	34.40	3.88	5	42.56	4.93
Total	200	18.08	9.42	204	18.14	9.09	179	21.45	10.91

SD = standard deviation; MBI = body mass index.