

Table 1 Mean body mass index (BMI) and waist circumference (WC) 2003 and 2010 cohorts of adolescents by age and sex

Sex/age group	2003			2010		
	No.	BMI Mean (SD)	WC Mean (SD)	No.	BMI Mean (SD)	WC Mean (SD)
Females						
10–12 years	160	19.4 (3.7)	65.7 (9.4)	267	19.4 (4.0)	69.7 (10.5)***
13–15 years	230	21.1 (3.8)	69.8 (9.0)	277	20.7 (3.3)	73.8 (8.5)**
16–18 years	281	21.6 (3.3)	69.6 (8.3)	303	22.4 (4.0)*	78.2 (10.9)***
Males						
10–12 years	142	19.4 (3.7)	67.7 (10.4)	237	19.9 (4.0)	70.7 (11.0)*
13–15 years	225	21.1 (3.8)	72.9 (10.2)	247	21.4 (4.1)	76.7 (11.3)***
16–18 years	215	22.5 (3.2)	76.5 (7.5)	167	23.4 (3.6)*	80.5 (9.6)***

Independent sample t-test comparing the participants in the years 2003 and 2010: * $P < 0.05$; ** $P < 0.01$; *** $P < 0.001$.

SD = standard deviation.