Assessment of the physical development of Russian adolescents

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Objective. To study the prevalence of underweight, overweight and obesity among students in the Federal Districts at the age of 11 and 15 years.

Methods. The study includes data from 2023 schoolchildren of 11 and 15 years recruited in nine regions of the Russian Federation. The estimation of body mass index (BMI) was made according to the standard deviation score tables.

Results. In assessing the BMI in boys of 11 years in the regions of Russia, obesity was recorded in 18.6%, overweight in 15.4%, and underweight in 5.4%. Among boys of 15 years, obesity was detected in 10%, overweight in 11.5%, underweight in 8.5%. The total number of girls with overweight was 17% for the younger age group and 11% for the older. The number of girls with underweight was 20% for 11-year-olds and 26% for 15-year-olds.

Among girls of 11 and 15 years, regions from the Siberian (12.3%), Southern (10.9%) and Far Eastern (10.7%) Federal Districts were the leaders in the prevalence of obesity. Among boys aged 15 overweights ranged from 5% to 25%, the largest percentage was in boys of 11 years in the North-West Federal District, and the smallest (4.3%) in girls of 15 years in the Volga Federal District.

Conclusion. The study found that the prevalence rates of obesity are characterized by regional differences. The data obtained can be used in the development of regional programs aimed at preventing obesity in children.