

## VARIABILITY ON OF THE PERCENTILES OF THE BODY MASS INDEX IN THE ADOLESCENTS FROM THE REPUBLIC OF MOLDOVA

ANGELA SIMALCSIK and ROBERT-DANIEL SIMALCSIK

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The child's and adolescent's organism is characterized by immaturity and continual development, liny plasticity that can be easily compromised by enhanced vulnerability against of the risk factors. Alimentation is one of the most important factors, which assures a harmonious physical and psychological development to the infantile organism. The Body Mass Index (Quetelet index or BMI) is the main anthropometric sign for the insufficiency or weight surplus during adolescence, and also an excellent indicator of the energetic reserves its use being recommended by World Health Organization. The adolescent population coming from the Republic of Moldavia, from urban and rural environments, with ages between 10 and 16 years, presents the following stature-weight situation: weight insufficiency was encountered in 5% of the population, from both urban and rural environment; the overweight risk – in 9% of the adolescent population from both types of environment (the urban one and the rural one from the immediate vicinity of the capital Kishinev); obesity was evidenced in 5% of cases from the urban and rural environment. 79% of the entire population of adolescents, under study, with ages between 10 and 16 years, presented values of the Quetelet index that were situated within the normal limits (79.54% for boys and 79.34% for girls coming from the urban environment; 78.67% for boys and 79.31% for girls coming from the rural environment).

### 1. INTRODUCTION

During adolescence (the transition period from childhood to maturity), puberty appears as not mainly a quantitative, but especially a quantitative aspect in the development of the organism and of its functions, as well as in its somatic and physiological transformations. Puberty begins earlier in girls (at the age of 10–11 years) than in boys (12–13 years), and earlier in the urban than in the rural medium, the somatic and physiological transformations being almost wholly completed at ages of 15–16 and 17–17 years, respectively [10].

The environmental factors, the condition of health and the alimentary regime are essential elements for a correct interpretation of the growth and development modifications produced in the child, from its very conception up to becoming an adult. The interaction of various factors, such as the access of the family to food, the way in which the child is looked after, the health condition, the hygiene, the