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# Overweight and obesity trends in Slovenian boys from 1991 to 2006

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## Abstract

The study examined a group of overweight and obese Slovenian boys aged seven to eighteen with the use of an annually repeated cross sectional study. The study lasted from 1991 to 2006 and was based on the body mass index according to the IOTF norms. The results show that the proportion of overweight boys in this period increased by 40% (from 13.5% to 18.8%), whereas the proportion of obese boys more than doubled (from 2.8% to 6.1%). The prevalence of overweight and obesity is highest in childhood and early adolescence since it is more than twice as high than at the age of eighteen. Trends and the prevalence of obesity and overweight are similar to those in other countries and in compliance with Slovenia's geographical position in Europe. In recent years, it has been noticed that the 11 to 13 years age group represents the largest proportion of overweight boys. This is a year earlier than seen with past results; the numbers start to decrease after the age of 13. It is interesting to note that the age category with the biggest proportion of overweight boys describes the physically most active population, which is exposed to three hours of physical education per week under the guidance of specialist teachers. In addition, boys of this age most often participate in extracurricular sports activities. This anomaly of the BMI distribution found on the studied population is also characteristic of other populations. It can be concluded that excessive weight in this age period is more a result of physical development and less of external conditions; in other words, the reference values of the IOTF for this specific age group are not particularly suitable.

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