



Anthropometric Standards: An Interactive Nutritional Reference of Body Size and Body Composition for Children and Adults

By Andres Roberto Frisancho

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"... a useful and long-needed stand-alone clinical manual for nutritional assessment."

---*American Journal of Physical Anthropology*

This is a revised and updated 2nd edition of *Anthropometric Standards for the Assessment of Growth and Nutritional Status*. The data is based on the most recent available from the government (2003), and reflects the demographic change in the U.S. The easy-to-use tables and graphs have been expanded from age 2 months to 90 years.

Designed for physicians, medical students, pediatricians, family doctors, and nutritionists interested in the physical growth and development of adults and children, this book presents in one volume the compilation of the largest database of material on anthropometric standards from National Health Examination surveys. Because the information is presented in tabular and graphic form, medical investigators can easily compare and interpret their findings with the collection of normative values.

No other book is as inclusive, as soundly based, or as potentially useful to people interested in nutrition, cardiovascular diseases, anthropometry, and epidemiology. This is a resource that no health care worker should be without.

A compact disc (CD) is included with the book for interactive evaluation of nutritional anthropometry in order to determine an individual's percentile and Z-score of the measurements of body size and composition.

The CD is divided into three sections:

- Section 1 is based on anthropometric data source derived from the 3rd National Health and Nutrition Examination Survey conducted during 1994-98.

- Section 2 is based on weight, height, and body-mass index information developed by the Centers for Disease Control (CDC) for children ages 2 months to 20 years.
- Section 3 contains information developed by the World Health Organization (WHO) on weight and length for children ranging in age from birth to 5 years.

All three sections are presented in Excel spreadsheets formatted to allow calculation of age- and sex-specific Z-scores and percentiles directly without the need for additional computer programs or software.

A. Roberto Frisancho is Thurnau Professor of Anthropology at University of Michigan.

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