



## Body-Mass Index (BMI), Bags and Backs Malta National Childhood Body Mass Index Survey, 2015-16

08 November 2016

Childhood obesity is a major worldwide problem which can have both immediate and long-term effects on health and well-being.

This study measured the weight and height of all Maltese school children in order to assess childhood overweight and obesity at a national level.

This is a joint project between researchers from the Research and Policy Development Department within the Ministry for Education and Employment, the Ministry for Energy and Health, the Department of Paediatrics, and the Malta Association of Physiotherapists. This research has been endorsed by the Superintendent of Public Health and is deemed to be of national importance to public health.

This study is the first worldwide to measure all schoolchildren in a specific country. The results will help the Health Department to better assess the true nutritional status of Maltese children to help focus public health initiatives. It is hoped that the results will also help improve schools' abilities to teach students about healthy eating and promote healthy behaviours and physical activity.

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### Summary for School – St Francis Gozo Primary

The following is a preliminary report outlining and summarising the school's BMI data (kg/m<sup>2</sup>) by year, displaying BMI means and confidence intervals. The following definitions (WHO: World Health Organisation) were utilised:

≥ 95th percentile	Obese
85th to < 95th percentile	Overweight
5th to < 85th percentile	Healthy Weight
< 5th percentile	Underweight

The next pages show the national data by percentage and your school's data by percentage and number.

### National Data – Percentages

<b>All males</b>	<b>Y1</b>	<b>Y2</b>	<b>Y3</b>	<b>Y4</b>	<b>Y5</b>	<b>Y6</b>	<b>Total</b>	<b>Y7</b>	<b>Y8</b>	<b>Y9</b>	<b>Y10</b>	<b>Y11</b>	<b>Total</b>	<b>Total Overall</b>
<b>Normal Weight</b>	60.7	60.1	59.8	56.0	48.7	47.8	55.7	47.3	48.2	52.2	56.9	57.6	52.5	54.2
<b>Obese</b>	20.7	23.5	25.6	28.5	34.5	33.9	27.7	35.2	33.9	30.9	26.5	24.9	30.2	28.8
<b>Overweight</b>	16.1	14.7	13.0	13.5	14.5	14.9	14.4	15.1	14.0	13.5	13.8	14.9	14.3	14.4
<b>Underweight</b>	2.5	1.7	1.6	2.0	2.3	3.4	2.2	2.4	3.9	3.4	2.8	2.6	3.0	2.6
<b>All females</b>	<b>Y1</b>	<b>Y2</b>	<b>Y3</b>	<b>Y4</b>	<b>Y5</b>	<b>Y6</b>	<b>Total</b>	<b>Y7</b>	<b>Y8</b>	<b>Y9</b>	<b>Y10</b>	<b>Y11</b>	<b>Total</b>	<b>Total Overall</b>
<b>Normal Weight</b>	66.3	66.8	63.9	58.5	56.5	54.4	61.2	54.7	53.4	57.1	60.9	59.2	57.1	59.3
<b>Obese</b>	16.2	18.3	21.4	25.2	27.1	27.8	22.6	26.3	27.3	23.0	20.3	21.9	23.8	23.1
<b>Overweight</b>	15.9	13.3	13.4	14.8	14.4	15.5	14.5	16.2	16.6	17.6	16.6	17.7	16.9	15.6
<b>Underweight</b>	1.6	1.6	1.3	1.5	2.0	2.3	1.7	2.8	2.7	2.3	2.2	1.2	2.2	2.0
<b>Both genders</b>	<b>Y1</b>	<b>Y2</b>	<b>Y3</b>	<b>Y4</b>	<b>Y5</b>	<b>Y6</b>	<b>Total</b>	<b>Y7</b>	<b>Y8</b>	<b>Y9</b>	<b>Y10</b>	<b>Y11</b>	<b>Total</b>	<b>Total Overall</b>
<b>Normal Weight</b>	63.4	63.4	61.8	57.3	52.5	51.0	58.3	51.1	50.9	54.5	58.8	58.4	54.8	56.7
<b>Obese</b>	18.5	21.0	23.5	26.9	30.9	30.9	25.2	30.7	30.5	27.1	23.5	23.4	27.0	26.0
<b>Overweight</b>	16.0	14.0	13.2	14.1	14.4	15.2	14.5	15.6	15.3	15.5	15.2	16.3	15.6	15.0
<b>Underweight</b>	2.1	1.6	1.5	1.7	2.2	2.9	2.0	2.6	3.3	2.9	2.5	1.9	2.6	2.3

## School Data

All females	Y1	Y2	Y3	Y4	Y5	Y6	Total
<b>Total Measured (N)</b>	24	25	26	27	26	27	155
<b>Normal Weight (%)</b>	66.7	76.0	61.6	63.0	53.8	70.4	65.1
<b>Obese (%)</b>	12.5	16.0	26.9	22.2	15.4	22.2	19.4
<b>Overweight (%)</b>	20.8	8.0	11.5	14.8	30.8	7.4	15.5
<b>Underweight (%)</b>	0.0	0.0	0.0	0.0	0.0	0.0	0.0

