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Teens are much more underweight than expected

Submitted by [Piyush Diwan](#) on Mon, 05/31/2010 - 19:23. [Featured](#) [Research](#) [TNM](#) [Health](#) [Spain](#)

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It has been reported that researchers in Spain found the number of teenagers in Europe with excessively low weight was higher than expected.

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The rate of teenagers with excessively low weight was 3.9 percent among boys and 4.8 percent among girls, found University of Granada researchers, led by Enrique Garcia Artero. In fact, the percentage among girls was higher than the 3.0 percent [found for](#) obesity.

The finding is important because it is easier to make lifestyle changes in teens than in adults, Enrique Garcia Artero said.

The researchers said in a statement, "Firstly, because their personality, interests and habits are not still formed, so they are not as resistant to change as adults. And secondly, because we have the best environment to model their habits: the educational system, school and high school."

It was also reported that the researchers found tests easily implemented by a [physical education teacher](#), including the 40-meter race, [hand grip strength](#), the long jump with feet together, body mass index, waist circumference and skin folds, all easily conducted by the physical education teacher, to be valid and reliable assessments of aerobic capacity, muscle strength and body composition.

The researchers further said that study conclusions were based on 3,000 Spanish teenagers, 3,500 European teenagers and an additional sample of 126 teenagers from Granada. (With Inputs from Agencies)

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