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Measurements to assist nutritional status assessments of the Japanese population

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Stature and weight are important measures in assessing nutritional status. They are used to estimate basal energy expenditure, nutrient needs and to calculate BMI. For adults, accurate measurements of stature and weight depend upon who can be measured easily but many adults, especially the non-ambulatory and the very old are difficult or are unable to be measured. When stature and weight cannot be measured, they can be predicted. Prediction equations for stature and weight employ constituent body measurements that can be taken regardless of adult's mobility status or health condition. The predictive accuracy of these equations is important so that the predicted values can be evaluated within known confidence limits and adjusted to meet nutritional recommendations. Accurate equations to predict stature and weight in adults have been developed. Equations developed from nationally representative samples have an increased utility among their general populations. Stature prediction equations have been developed separately for France, Taiwan, Italy, Mexico and Japan. In general, these population specific equations perform well but several have limited application because of the small samples used in development and the applicable age range. Also, there are no prediction equations for weight in any population outside of the U.S. The present study was undertaken to develop new accurate and more generalizable sex-specific stature and weight prediction equations using knee height and other body measurements to assist nutritional status assessments of the Japanese population. This study employed a large sample of 850 Japanese adults 21 years of age and older.

Biography

Yasushi Miyazawa graduated from Kitasato University School of Nutrition. He was an overseas trainee during 1993 in Emory University Hospital, USA. In 2009, he became the Department Head of Clinical Nutrition, CHIKAMORI Hospital Kochi Japan. He is also the Board Director of Japanese Society of Parenteral & Enteral Nutrition and the Japan Heart Failure Society. He is also a, Clinical Nutrition Professor of MIMASAKA University.

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