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Correlation between dietary supplements and adolescent growth (height, BMI, grip strength): Korea National Health and Nutrition Survey for 2013~2015

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Background: Adolescence is a period of rapid growth and concern as to whether young people will not grow well due to malnutrition or not. Hence, there is an increased intake of dietary supplements such as multivitamin, herbal medicine calcium and so on. The purpose of this study is to investigate dietary supplements and adolescent growth by using the National Health and Nutrition Survey.

Methods: We used data from the Korean National Health and Nutrition Survey for 2013, 2014 and 2015. A total of 904 adolescents, aged 12 to 18 years, were selected for this study. However, the grip strength was analyzed for 531 adolescents included in the data of 2014 and 2015.

Results: As a result, BMI showed a significant difference according to dietary supplements ($p < .01$), while grip strength and height did not show any significant difference according to dietary supplements.

Conclusion: In conclusion, dietary supplements correlate with adolescent BMI.

Biography

Hye Yun Kim graduated from Kangwon National University Medical College. She is in the Resident Process in the Department of Family Medicine at the Catholic University of Korea.

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