Diffences of body max index, body composition, and fitness in normo weight, overweight and obese kindergarten teachers: Cross-sectional study Diferencias de composición corporal y condición física en educadoras de párvulo con normopeso, sobrepeso y obesidad

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© 2016, Sociedad Chilena de Nutricion Bromatologia y Toxilogica. All rights reserved. Objective: To describe body mass index (BMI), body composition, basal metabolic rate, physical condition and the relationship between them in Chilean kindergarten teachers. Subjects and Methods: 46 teachers (age 39,5 ± 8,6) from the Bio Bio province (Chile) were weighed and heighted and BMI was measured. In addition, fat mass, lean and bone percentages, basal metabolic rate, muscular strength and cardiorespiratory fitness were measured. Results: The teachers had an average BMI of overweight (26,7 ± 3,5) and a high fat percentage (35,1± 5,9) according to national reference values. 58,7% were overweight and moderately obese. When teachers were compared according BMI, teachers with obesity had on average a higher percentage of fat mass (P =,000), less lean mass (P =,000), took more time to complete the UKK test (P = 035) and had a lower vo2max (P =,001) than normal weight teachers. BMI had a negative assoc