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Published by :
AIRLANGGA UNIVERSITY SCHOOL OF MEDICINE
Accredited no. 02/DIKTI/Kep/2002

Folia Medica Indonesiana Vol. 39 No. 4 Page 212-279 Oct - Dec 2003

ISSN 0303-7932
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Stature and Weight of Indonesian Children Compared to NCHS-Reference

Abstract

Indonesian nutritionists have problem with growth standards. In the 1970s and 1980s they used the reduced Harvard Standards; now they prefer to apply NCHS-Reference. Harvard Standards seem to be not adequate to Indonesian children, even in the reduced form. Here we compare mean values of children’s stature and body weight with NCHS-Reference from six different populations from Java, Madura and Flores. Baby’s body weight lays only in the first three months between the 25th-50th percentile then it diminish to the 5th percentile. Mean values of children aged 1-15 years from Flores, Java and Madura lay on below the 5th percentile of the NCHSStandard. Only the mean values of children from Surabaya aged 6-16 years lay near the 50th percentile but they also diminish slowly to the 10th percentile. The question is: 1. are Indonesian children really undernourished; 2. are the discrepancies an effect of the Bergmann’s Rule; 3. are NCHS-Reference applicable outside the US; 4. are standard from one population applicable to another population?

Keyword : stature, weight, Indonesian, children, NCHS-Reference,

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