

Weight and height changes over the years.

Abstract:

Finding a simple and easily reproducible formula for assessing fitness and growth for human body has been one constant search over the ages. It was the aim of this project to try and add to this search. Most formulae in this field have complex calculations. Most of them have been derived using single system measurements. To delineate our factor, multisystem measurements were used; metric and imperial. This yielded a factor for describing the relationship between weight and height over the ages. The height is in inches and weight in kilograms. This produced factors (D) and (G) which have childhood, adolescent, adult and old age values. A total of 368 black Kenyans were studied. The age range was 3-85 years.