

SUPPLEMENTAL TABLE 1: Nutritional assessment by weight and height of children from birth to 5 years of age

Critical values	Interpretation	n (49)	%	95 % CI
Weight/age				
Z-Score < -3	Very low weight	0	0.0	0-7.2
-3 ≤ Z-Score < -2	Low weight	10	20.4	10.2-34.3
-2 ≤ Z-Score ≤ +2	Adequate weight	39	79.6	65.7-89.8
Z-Score > +2	High weight	0	0.0	0-7.2
Stature/age				
Z-Score < -3	Very short stature	3	6.1	12.8-16.8
-3 ≤ Z-Score < -2	Short stature	6	12.2	4.6-24.8
Z-Score ≥ -2	Adequate stature	40	81.6	68.0-91.2
Weight/Stature				
Z-Score < -3	Marked thinness	3	6.1	12.8-16.8
-3 ≤ Z-Score ≤ -2	Thinness	6	12.2	4.6-24.8
-2 < Z-Score ≤ +1	Eutrophy	38	77.8	63.4-88.2
+1 < Z-Score ≤ +2	Risk of overweight	1	2.0	0.0-10.9
+2 < Z-Score ≤ +3	Overweight	1	2.0	0.0-10.9
Z-Score > +3	Obesity	0	0	0.0-7.2
BMI/age				
Z-Score < -3	Marked thinness	0	0.0	0.0-7.2
-3 ≤ Z-Score < -2	Thinness	4	8.1	2.2-19.6
-2 ≤ Z-Score ≤ +1	Eutrophy	40	81.6	67.9-91.2
+1 < Z-Score ≤ +2	Risk of overweight	3	6.1	1.2-16.8
+2 < Z-Score ≤ +3	Overweight	2	4.0	0.4-14.0
Z-Score > +3	Obesity	0	0.0	0-0.1

BMI: body mass index; CI: confidence interval.

SUPPLEMENTAL TABLE 2: Nutritional assessment by weight and height of children from five to 10 years old.

Critical values	Interpretation	n (13)	%	96%CI
Weight/age				
Z-Score < -3	Very low weight	0	0.0	0.0-24.7
$-3 \geq \text{Z-Score} \leq -2$	Low weight	2	15.3	1.9-45.4
$-2 \leq \text{Z-Score} \leq +2$	Adequate weight	11	84.6	54.5-98.1
Z-Score > +2	High weight	0	0.0	0.0-24.7
Stature/age				
Z-Score < -3	Very short stature	0	0.0	0.0-24.7
$-3 \leq \text{Z-Score} < -2$	Short	4	30.7	9.1-61.4
$\geq \text{Z-Score} -2$	Adequate stature	9	69.2	38.6-90.9
BMI/age				
Z-Score < -3	Marked thinness	0	0.0	0.0-24.7
$-3 \leq \text{Z-Score} < -2$	Thinness	0	0.0	0.0-24.7
$-2 \leq \text{Z-Score} \leq +1$	Eutrophy	12	92.3	64.0-99.8
$+1 < \text{Z-Score} \leq +2$	Overweight	1	7.6	0.0-36.0
$+2 < \text{Z-Score} \leq +3$	Obesity	0	0.0	0.0-24.7
Z-Score > +3	Severe obesity	0	0.0	0.0-24.7

BMI: body mass index; CI: confidence interval.

SUPPLEMENTAL TABLE 3: Nutritional assessment by weight and height of participants aged 10 to 20 years.

Critical values	Interpretation	n (12)	%	95% CI
Stature/age				
Z-Score < -3	Very short stature	0	0.0	0.0-26.5
-3 ≤ Z-Score < -2	Short	3	25.0	5.5-57.2
≥ Z-Score -2	Adequate stature	9	75.0	42.8-94.5
BMI/age				
Z-Score < -3	Marked thinness	0	0.0	0.0-26.5
-3 ≤ Z-Score < -2	Thinness	1	8.0	0.2-38.4
-2 ≤ Z-Score ≤ +1	Eutrophy	10	83.3	51.6-97.9
+1 < Z-Score ≤ +2	Overweight	1	8.0	0.2-38.4
+2 < Z-Score ≤ +3	Obesity	0	0.0	0.0-26.5
Z-Score > +3	Severe obesity	0	0.0	0.0-26.5

BMI: body mass index; **CI:** confidence interval.

SUPPLEMENTAL TABLE 4: Assessment of the nutritional status of adults ≥ 20 years of age by the Body Mass Index.

Age / Critical values	Interpretation	n (56)	%	95% CI
20-60 years				
BMI < 18.5	Low weight or malnourished	14	25.0	14.4-38.4
$18.5 < \text{BMI} < 25.0$	Adequate or Eutrophic	26	46.4	33.0-60.3
$25.0 < \text{BMI} < 30.0$	Overweight	13	23.2	13.0-36.4
BMI ≥ 30.0	Obesity	3	5.3	1.1-14.9
≥ 20 years				
BMI ≤ 22.0	Low weight	5	71.4	29.0-96.3
$22.0 < \text{BMI} < 27.0$	Adequate	1	14.2	0.3-57.9
BMI ≥ 27.0	Overweight	1	14.2	0.3-57.9

BMI: body mass index; CI: confidence interval.