

## **Serdülők és ifjak testfejllettsége, egészségi állapota és jólétérzete közötti kapcsolat vizsgálata**

### **Nutritional status, health and well-being in Hungarian adolescents (in Hungarian)**

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**Abstract:** The functional/adaptive concept of health proposes that persons' health should be judged from the aspects of how well that persons are able to perform their everyday activities, to what extent they are capable of taking part in social life, and whether they are able to adapt harmoniously to the environment they live in. By recognizing that the individuals' own perception of their health status is a useful indicator of general health status, perceived health has become one of the most significant health indicators studied today. In our study the status of health and well-being was estimated by self-rated health, subjective health complaints and life satisfaction.

The subsample of the 2nd Hungarian National Growth Study (Bodzsár et al. 2003–2006) discussed in this paper is only representative of the children of age 10–18 years (n=1326 boys and n=1200 girls) in Northern Hungary. Nutritional status was estimated by using BMI. Categories used for nutritional status relied on Cole's cut-off points for overweight and obesity (Cole 2000). Health status assessment happened by self-reporting. A standardized questionnaire (Currie et al. 2003) was employed. A standard symptom checklist (Haugland et al. 2001) was used for the assessment of subjective health complaints. Life satisfaction assessment was derived from the technique known as the Cantrill ladder (1965).

The results indicate that most of the surveyed children rated their health as good or excellent, they had no multiple health complaints and were satisfied with their lives. The most robust finding was that gender difference in subjective health increased significantly, because the girls reported an increasing impression of having poor subjective health, higher scores of health complaints and lower scores of life satisfaction. A reason for the latter may be a sex difference in biological maturation, earlier onset of puberty, and a socialization effect of girls being more aware of their physical and emotional state. Our hypothesis that overweight children would rate their health and well-being less good than normal ones could not be confirmed. The attitude to low subjective health in children appeared to be relatively independent from current nutritional status.

**Keywords:** Adolescents, Overweight, Obese, Self-Image, Cantrill-ladder.