



# BMI Analysis of a Sample of Healthy Young Italian Women

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## Short Communication

The data collected for a research on breast density allowed to study the body mass index (BMI) of a sample of healthy young Italian women, visited in two breast clinic of the LILT, Lega Italiana per la Lotta contro i Tumori.

## Methods

The study included 201 healthy women, aged 19 to 40 years, who participated in a spontaneous screening for breast cancer, in November and December 2020, in two breast clinics of LILT (Como and Gravedona).

Among the data collected for the study of breast density in young women, the anthropometric values of weight, height and body mass index (BMI) were recorded.

Anthropometry parameters (height, weight and BMI) are the best tools for evaluation of nutrition status of children and adults.

The body mass index [body weight (kg) / height m<sup>2</sup>] also known as Quetelet Index [1] is though somewhat a crude index for assessing the nutritional parameters, yet is an index of choice for clinical and research purposes, classifying thinness, under weight, normal weight ,overweight and obesity in adults [2,3].

## Results

70% of 201 women have a normal weight, while 30% have weight abnormalities, respectively 13% are thinness and underweight and 16% are overweight and obesity. We examined also the changes in BMI in 2 groups of women: women aged 19 to 30 and women aged 31 to 40.

The difference of BMI in the two group is not significant, the BMI is respectively 29% in the first and 33%, in the second group.

**Table 1.**

	BMI	n	%
moderate and severe thinness	<17.0	3	1%
underweight	<18.5	24	12%
normal weight	18.5–24.9	142	71%
overweight	≥25.0	30	15%
obesity	≥30.0	2	1%

**Table 2.**

	BMI	n	%
thinness and underweight	<18.5	3 + 24	13%
normal weight	18.5–24.9	142	71%
Overweight and obesity	≥25.0	30 + 2	16%

**Table 3.**

	n	Women with BMI% alteration	%
women aged 19 to 30	72	24	33%
women aged 31 to 40	129	38	29%

## Conclusions

Our data suggest that it is necessary to promote a good nutrition education program in the Italian first and second-degree schools because healthy eating habits and lifestyles learned as children or teenagers will be more easily maintained in adulthood.

Schools should play an important role in helping students establish healthy eating behaviors, namely by providing: proper food and drink, consistent and accurate messages about good nutrition, ways to learn about and practice healthy eating [4,5].

This is very important especially regarding over-weight and obesity, that area serious health issue and an independent risk factor for several oncological, cardiovascular and metabolic diseases [6].

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