

# Training on 'Current Techniques in Measuring Body Composition'



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**10/10/2008, Glasgow, UK**

As an outline, the following is planned to be demonstrated:

- DXA
- Bio-electrical impedance (incl single, multi- frequency, Tanita)
- Deuterium dilution
- Skinfolds and circumferences
- Bod-pod + pea-pod

Each technique will be introduced to demonstrate:

- 1) what data are given
- 2) how the data are used
- 3) what the practicalities, logistics, costs of each method are and
- 4) the limitations of each method

Some of the above will be combined to look at the strengths of using the 4 - component body composition model.

## **Recommended literature to read beforehand:**

Wells J, Fewtrell M. Is body composition important for paediatricians? Arch Dis Child 2008; 93 (2) 168-72

Chomtho S, Wells J et al. Infant growth and later body composition: evidence for the 4-component model. Am J Clin Nutr 2008; 87 (6) 1776-84