



## Formelübersicht

Bestimmung von Körperwasser TBW, Fettmasse FM oder Fettfreier Masse FFM bei Kindern und Jugendlichen

### Anthropometrie:

- Lohmann (1986):  $FM (kg) = wt \times (5.28/D) - 4.86$
- Deurenberg et al. (1990):  $FM (\%) = ((562 - 4.2 (\text{age (years)} - 2))/D - (525 - 4.7 (\text{age (years)} - 2))),$   
where D is body density:  
**Jungen:**  $D (g/ml) = 1.690 - 0.0788 \times (\log (\text{sum of four skinfolds}))$   
**Mädchen:**  $D (g/ml) = 1.2063 - 0.0999 \times (\log (\text{sum of four skinfolds}))$
- Slaughter et al. (1988): **Summe von HFD Subscapula + Triceps > 35mm:**  
**Jungen:**  $BF (\%) = 0.783 \times (\text{HFD Subscapula} + \text{Triceps}) + 1.6$   
**Mädchen:**  $BF (\%) = 0.546 \times (\text{HFD Subscapula} + \text{Triceps}) + 9.7$   
**Summe von HFD Subscapula + Triceps < 35mm:**  
**Jungen:**  $BF (\%) = 1.21 \times (\text{HFD Subscapula} + \text{Triceps}) - 0.008 \times (\text{HFD Subscapula} + \text{Triceps})^2 + k^*$   
**Mädchen:**  $BF (\%) = 1.33 \times (\text{HFD Subscapula} + \text{Triceps}) - 0.013 \times (\text{HFD Subscapula} + \text{Triceps})^2 - 2.5$

### Bioelektrische Impedanz Analyse:

- Cordain et al. (1988):  $FFM = 6.86 + 0.81 \times (Ht^2/R)$  (Ht in cm)
- Davies et al. (1988):  $TBW = -0.5 + 0.60 \times (Ht^2/R)$  (Ht in m)
- De Lorenzo et al. (1998):  $FFM = 2.33 + 0.588 \times (Ht^2/R) + 0.211 \times wt$  (Ht in cm)
- Deurenberg et al. (1989):  $FFM = 0.430 \times 104 \times Ht^2/R + 0.354 \times wt + 0.9 \times \text{sex}$  (sex: 1 = männlich, 2 = weiblich; Ht in m)
- Deurenberg et al. (1990): **Mädchen und Jungen (7-9 Jahre):**  $FFM = 0.640 \times 104 \times (Ht^2/R) + 4.83$   
**Mädchen (10-12 Jahre) und Jungen (10-15 Jahre):**  $FFM = 0.488 \times 104 \times (Ht^2/R) + 0.221 \times wt + 12.77 \times Ht - 14.7$   
**Mädchen älter als 13 und Jungen älter als 16 Jahre:**  
 $FFM = 0.258 \times 104 \times (Ht^2/R) + 0.375 \times wt + 6,3 \times \text{sex} + 10.5 \times Ht - 0.164 \times \text{age} - 6.5$   
(sex: 1 = männlich, 2 = weiblich; Ht in m)
- Fjeld et al. (1990):  $TBW = 0.76 + 0.18 \times (Ht^2/R) + 0.39 \times wt$  (Ht in cm)
- Houtkooper et al. (1989):  $FM (\%) = -1.11 \times (Ht^2/R) + 1.04 \times wt + 15.16$  (Ht in cm)
- Houtkooper et al. (1992):  $FFM = 0.61 \times (Ht^2/R) + 0.25 \times wt + 1.31$  (Ht in cm)
- Kushner et al. (1992):  $TBW = 0.593 \times (Ht^2/R) + 0.065 \times wt + 0.04$  (Ht in cm)
- Schaefer et al. (1994):  $FFM = 0.65 \times (Ht^2/R) + 0.68 \times \text{age} + 0.15$  (Ht in cm)
- Wabitsch et al. (1996):  $TBW = 0.35 \times (Ht^2/R) + 0.27 \times \text{age} + 0.14 \times wt - 0.12$  (Ht in m)
- Wühl et al. (1996):  $TBW = 1.99 + 0.144 \times (Ht^2/R) + 0.40 \times wt$  (Ht in cm)

### Anthropometrie kombiniert mit Bioelektrischer Impedanz Analyse:

- Goran et al. (1996):  $FFM (kg) = (0.16 \times (Ht^2/R)) + (0.67 \times wt) - (0.11 \times TSF (mm)) - (0.16 \times SSF (mm)) + (0.43 \times \text{sex}) + 2.41$  (sex: 1 = männlich, 2 = weiblich; Ht in cm)

#### Definition:

wt = weight (kg); Ht = height (in m oder cm); TBW = Total Body Water in l; FFM = Fat-Free-Mass in kg; FM = Fat Mass bzw. BF = Body Fat = Weight - FFM; TSF = Triceps Skinfold Thickness (mm); SSF = Subscapular skinfold thickness (mm); Age = years; HFD = Hautfaldendicke; k\* = Konstante nach Tanner-Reifestadium