



**CALIFORNIA STATE SCIENCE FAIR
2006 PROJECT SUMMARY**

Name(s) Catherine A. Brutyan	Project Number J1009
Project Title Comparison of BMI and Body Fat Content of Montclair Prep students to the National Average	
Abstract Objectives/Goals The goal of this study is to compare the BMI with assistance of % body fat of middle school students of Montclair Prep to the national average. Methods/Materials To get results 50 samples were used. I wrote down each sample's age, grade, gender, height, weight, nationality, % body fat, and calculated their BMI. To compare I plotted the information on BMI for age charts. Results My study showed that 23% of the boys and 15% of the girls were at risk of obesity, and the rest had a normal BMI. I checked the at risk samples for their % body fat, which showed that they were actually at a low body fat content. Conclusions/Discussion The national average is the average of the whole country and the samples I used were only from one location in Southern California. I think the way people in California live has affected my results. Many more people are worried with their appearance also we have different food and better weather so people are outside and doing more strengthening activities more than other states. One of my errors was that I didn't check the calibration of the scale. An improvement is that I could have used more samples.	
Summary Statement Comparing the BMI and percent body fat of Montclair prep students to the national average.	
Help Received	