Objective: The aim of this research was to evaluate the growth pattern and nutritional status of 10-15 years old boys in Ardebil high schools.

Materials & Methods: This study was a cross sectional study that was carried out during year 2005-2006 on a group of 10-15 years old boys in Ardebil high schools. 325 healthy adolescent boys were selected by stratified sampling from 15 schools. The anthropometric measurements were calculated. 24-hour dietary recall, two days food record and socio-economic questionnaires were completed for each individual.

Results: The findings indicated the mean ± SD of age, weight, height and body mass index (BMI) were 11.4 ± 0.9 year, 40.63 ± 7.9 kg, 140.3 ± 8.2 cm respectively. The anthropometric parameters assessment showed that the prevalence of stunting and wasting were 3.2%, 2.7% respectively. Nine percent of individuals were obese. There was no significant correlation between anthropometric parameters and socio-economic variables. Our results demonstrated that 12.3% of the total calorie intake was protein, 56.7% carbohydrate, 28.8% fats. No significant differences were observed among nutrient intakes and anthropometric parameters. There was significant correlation between nutrient intakes and socioeconomic variables.

Conclusions: The present study suggests the need for the educational programs in order to improve food habits and promote the nutritional status of the adolescent boys.

| Growth pattern, nutritional status, adolescent boys, high school | Poster |