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**Poor diet creates 20cm height gap in children – 11th November, 2020**

## Level 4

Poor diet may be why there is an average gap of 20cm between the world's tallest and shortest children. Researchers analysed the Body Mass Index (BMI) of millions of children and teenagers worldwide. They looked at their height and weight. The world's tallest teenagers were 183cm and lived in the Netherlands; the shortest were 160cm and lived in East Timor. European children were the tallest. The shortest lived in Asia, Latin America and East Africa.

The comprehensive study looked at data from 65 million children aged five to 19 years old in 193 countries. The team warned that a lack of quality food and nutrition was a major factor behind slower growth and obesity. Better diets increased the height of children in China. Nineteen-year-old boys there were 8cm taller in 2019 than in 1985. The report suggested countries adopt policies that encouraged healthier eating, but to be aware of weight gain.

## Level 5

Poor diet may be behind an average height gap of 20cm between the world's tallest and shortest children. Researchers from a London college conducted an analysis of the Body Mass Index (BMI) of schoolchildren and teenagers around the world. This involved looking at the height and weight of millions of youngsters. The world's tallest teenagers were 183.8cm and lived in the Netherlands; the shortest, at 160.1cm, lived in East Timor. Teenagers in Europe were the tallest. On average the shortest children lived in Asia, Latin America and East Africa.

The comprehensive study involved analysing data from 65 million children aged five to 19 years old in 193 countries. The children's height and weight varied greatly. The team warned that a lack of quality food and nutrition was a major factor behind stunted growth and childhood obesity. It said improved diets increased the height of children in China. Nineteen-year-old boys there were 8cm taller in 2019 than in 1985. The lead author of the report suggested countries adopt policies that encouraged healthier eating, but to be aware of the dangers of excessive weight gain.

## Level 6

Poor diet and nutrition may be behind an average height gap of 20cm between the tallest and shortest children in different countries. Researchers from Imperial College London conducted a global analysis of the Body Mass Index (BMI) of schoolchildren and adolescents around the world. This involved measuring the height and weight of millions of children and teenagers. It discovered that the world's tallest 19-year-olds, at 183.8cm, lived in the Netherlands, while the shortest, at 160.1cm, lived in East Timor. The researchers said teenagers in northwest and central Europe were the tallest in the world. On average the shortest children lived in South and South-East Asia, Latin America and East Africa.

The study was extremely comprehensive. It involved analysing data from 65 million children aged five to 19 years old in 193 countries. The researchers reported that children's height and weight varied enormously in different regions. The team warned that a lack of quality food and nutrition was a major factor behind stunted growth and a rise in childhood obesity. It said improved diets increased the average height of children in China. Nineteen-year-old boys there were 8cm taller in 2019 than in 1985. Researchers attribute this to improved nutrition. The lead author of the report urged countries to adopt policies that encouraged healthier eating, but to be aware of the perils of excessive weight gain.