Objective. To determine the nutritional status of Mexican infants under two years of age. Materials and methods. Five nutritional surveys, three being representative of the nation, were assessed using several anthropometric indicators, with reference to the WHO 2006 growth standard. Results. From national surveys, the incidence of low birth weight ranged from 8.9 to 8.1% and was higher in rural areas. At two years of age, the prevalences of stunted growth, wasting and being overweight ranged from 25.6 to 16.1%, 4.5 to 1.9% and 6.3 to 10.8%, respectively, between 1988 and 2006. The combination of being overweight with stunted growth increased with age, particularly in rural areas. Figures presented in non-national surveys compared with national surveys demonstrate a lower incidence of low birth weight, similar levels of stunted growth, being overweight and obesity, and a little higher for wasting. Conclusion. Policies are required to be implemented to prevent nutritional diseases associated with stunted growth, being overweight and obesity.

Keywords
Low birth weight, nutritional status, overweight and obesity, Mexico.

Abstract

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