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## Body fat percentage, BMI, skinfold thickness and waist circumference among young athletes in the United Arab Emirates

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Nutrition is a critical part of human health and development. However, overweight and obesity prevalence is raising worldwide, with associated obesity related diseases. Body mass index (BMI) is an index of weight-for-height that is commonly used to classify weight category, the skinfold measurement method is the most widely used body fat composition testing method for assessing body fat percentage. The purpose of this study was to evaluate the prevalence of body weight, body fat and waist circumference. A cross-sectional study among 59 male soccer players aged 13-18 years recruited from Al Jazira Academic sports clubs in the United Arab Emirates were Body Mass Index (BMI) and body fat percentages calculated by different skinfold thickness and by body fat analyzer and waist circumference were calculated for each subject, WHO

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