



fat is located around the abdomen. It is important to consider height and sexual maturity in adolescents because these factors influence the amount of body fat.

It is concluded that both groups of adolescents had a high percentage of excess weight, which could be due to the fact they grew

[7], who observed an increase with age. It draws our attention that 65% of the children exhibited excessive weight gain in the first year, which means a higher probability of being obese in adulthood and suffering cardiovascular diseases and diabetes [8].

Overnutrition in the control group was similar to the experimental group for both ABP and ABT; this situation is comparable to the results found in the last Chilean National Health Survey (ENS). This is a matter of great concern as a risk factor for non-communicable chronic diseases. Moreover, adolescents who are obese at 11.5-16 years of age have a probability of 40.0% to 59.9% of being obese in adulthood, and this value is more than 60% between the ages of 16 and 20 [9].

Waist circumference increased in both groups of adolescents, demonstrating an excess of abdominal fat that is directly related to the changes in the lipid profile, increase in blood pressure, and hyperinsulinemia, which are considered as risk factors in the development of chronic diseases such as type 2 diabetes mellitus and cardiovascular diseases [10]. These results are similar to those determined by Mathai et al. [11] where the preterm-born group had more total fat tissue due to increased internal abdominal fat and no increase in non-abdominal fat tissues; furthermore, boys had higher total fat tissue compared to girls.

Among the limitations of the present study, we can point out that overnutrition is measured by BMI, which is considered as a body mass indicator, although the formula is a substitute measurement of body fat and measures excess weight instead of excess fat. Furthermore, it does not allow assessing body fat distribution; it is therefore not possible to analyze the individual's cardiovascular risk, which is higher when