



(BMI), ( C),  
( H ). BMI 8-10, C 11-13 H  
14-16  
17-20 BMI C H  
I M A  
21,22 I M  
BMI, C H

**pp 4**

M H A L  
(M HEA )  
M  
(M HEA I 2012) F 1 (13

E, ( ), M, E, A, 20.  $p < 0.05$ .

**D p**  
1361 M HEA  
H, 285  
1071  
1, 2  
C, H ( $p < 0.001$ ), B  
N, BMI, BMI, D.

40-43 , 44,45 ,  
46,47 ,  
48,49 50,51 .

**B p**

19 . I ..... 5.6  
2.9 .....  
A ..... BMI, .....

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