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## Researchers at Izmir University of Economics Have Reported New Data on Sports Medicine (Anthropometric and Demographic Properties Affect Balance In Healthy Adults: an Observational Study).

**Date:** Aug. 6, 2021  
**From:** Health & Medicine Week  
**Publisher:** NewsRX LLC  
**Document Type:** Report  
**Length:** 433 words

### Full Text:

2021 AUG 6 (NewsRx) -- By a News Reporter-Staff News Editor at Health & Medicine Week -- Current study results on Health and Medicine - Sports Medicine have been published. According to news reporting from Izmir, Turkey, by NewsRx journalists, research stated, "Anthropometric and demographic properties may affect balance, but there is no consensus on this subject; so, there is a need for studies that explore it. This study aimed to assess the relationship between balance and anthropometric as well as demographic properties; and to determine the effect of anthropometric and demographic properties on balance in healthy adults."

The news correspondents obtained a quote from the research from the Izmir University of Economics, "Sixty healthy adults were included in this study. The ages of the participants were questioned; height, body weight, Body Mass Index, head circumference, upper extremity, lower extremity, and foot length were evaluated. and shoe numbers were recorded. Balance assessments were performed with the Balance Master System device. The mean age of the participants was 23.50 +/- 1.97 years. The balance developed with age (P <0.05), while there was a negative correlation between height and balance (P <0.05). Weight gain affected balance negatively (P <0.05). The increase in head circumference, extremity, and foot length was associated with a deterioration in balance (P <0.05). The results of the current study were showed that anthropometric and demographic properties affect balance. The increase in some of the anthropometric and demographic properties including height. weight. head circumference, extremity, and foot length harms the balance."

According to the news reporters, the research concluded: "During balance assessments, anthropometric and demographic characteristics should be considered as a factor that affects balance."

This research has been peer-reviewed.

For more information on this research see: Anthropometric and Demographic Properties Affect Balance In Healthy Adults: an Observational Study. The Journal of Sports Medicine and Physical Fitness, 2021;61(6):818-828. The Journal of Sports Medicine and Physical Fitness can be contacted at: Edizioni Minerva Medica, Corso Bramante 83-85 Int Journals Dept., 10126 Turin, Italy.

Our news journalists report that additional information may be obtained by contacting Ezgi Tatlici, Izmir University of Economics, Faculty of Medicine, Izmir, Turkey.

Keywords for this news article include: Izmir, Turkey, Eurasia, Sports Medicine, Health and Medicine, Izmir University of Economics.

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The citation for this news report is: NewsRx. Researchers at Izmir University of Economics Have Reported New Data on Sports Medicine (Anthropometric and Demographic Properties Affect Balance In Healthy Adults: an Observational Study). Health & Medicine Week. August 6, 2021; p 6024.

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**Source Citation** (MLA 9th Edition)

"Researchers at Izmir University of Economics Have Reported New Data on Sports Medicine (Anthropometric and Demographic

Properties Affect Balance In Healthy Adults: an Observational Study)." *Health & Medicine Week*, 6 Aug. 2021, p. 6024. *Gale Academic OneFile*, [link.gale.com/apps/doc/A670382008/AONE?u=iiht&sid=ebsco&xid=7bfae7a0](https://link.gale.com/apps/doc/A670382008/AONE?u=iiht&sid=ebsco&xid=7bfae7a0). Accessed 1 Sept. 2023.  
**Gale Document Number:** GALE|A670382008