

TABLE 6
Differences between measured and predicted resting energy expenditure (REE) for the different age groups¹

Group	Age (range)	BMI	<i>n</i>	REEm – REEp (<i>P</i> value)	Laboratory	Reference
	<i>y</i>	<i>kg/m²</i>				
Children	9.3 ± 1.7 ² (6–12)	16.3 ± 3.6	15 (8 M, 7 F)	299 ± 121 (<0.001)	NY	(25)
Adolescence	14.7 ± 0.6	20.5 ± 3.5	20 M	118 ± 165 (<0.01)	NY	(26)
Young	22.9 ± 2.5 (18–50)	22.9 ± 2.5	13 (8 M, 5 F)	19.9 ± 126 (>0.05)	NY	(8)
Young	24.8 ± 2.4	21.8 ± 2.2	13 F	–10 ± 72	Kiel	(9)
Young	25.9 ± 2.0 (21–30)	23.0 ± 2.7	43 (16 M, 27 F)	11 ± 80 (>0.05)	Kiel	Current study
Young	26.2 ± 2.1	22.5 ± 1.8	13 M	24 ± 120	Kiel	(9)
Middle-age	40.5 ± 5.1 (31–50)	24.4 ± 2.8	51 (25 M, 26 F)	–6 ± 79 (>0.05)	Kiel	Current study
>50 y	62.0 ± 5.3 (51–73)	25.4 ± 2.7	37 (26 M, 11 F)	–50 ± 67 (<0.001)	Kiel	Current study
Elderly	64.9 ± 2.7	25.0 ± 3.0	7 M	–79 ± 96	Kiel	(9)
Elderly	76.5 ± 5.5 (>70)	24.5 ± 3.9	6 M	–144 ± 64 (<0.01)	NY	(10)
Elderly	80.3 ± 7.5 (>70)	23.1 ± 3.6	7 F	–146 ± 78 (<0.001)	NY	(10)

¹ Kiel, Institute of Human Nutrition and Food Science, Christian-Albrechts University, Kiel, Germany; NY, Obesity Research Center, St Luke’s–Roosevelt Hospital, Columbia University College of Physicians and Surgeons, New York, NY; REEm, REE measured by indirect calorimetry; REEp, REE predicted by the *K_i* values suggested by Elia (1).

² Mean ± SD (all such values).

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