Introduction
Currently, the most commonly used quantitative radiologic method for assessing bone mass is dual-energy x-ray absorptiometry (DXA). Lumbar spine (LS), total body (TB), and total body less head (TBLH) scans are recommended for preferred for clinical assessment of bone health in children. However, normative data for bone mineral density (BMD) in Asian adolescents and youth are scarce.

Objectives
We aimed to provide normative values and reference curves for BMD in Korean adolescents and youth.

Subjects and Methods
Using the data from Korean National Health and Nutrition Examination Survey (KNHANES) in 2009–2011, a total of 3,352 subjects (1,635 males and 1,717 females aged 10–25 years), were included for this study. BMD were measured using DXA at LS, TB, and TBLH. Age related reference curves for BMD were generated using the LMS statistical procedure.

Results
The BMD increased with age in both genders, and reached a plateau at ages 16–17 in males and at age 15 in females. Peak BMD velocities occurred at ages 13–14 in males; at ages 11–12 in females. Peak bone mass (PBM) of all study regions was achieved by the age of 19 in males and 18 in females, respectively. BMD in LS, TB, and TBLH was maintained until the age of 25.

Conclusions
These reference curves for BMD can be used to assess and monitor the bone health in Korean adolescents and youth.