# 4ᵗʰ International Conference and Exhibition on

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## Accuracy in predicting personal BMI category among college students

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**Background:** Previous research shows that approximately 20-33% of Americans inaccurately predict their BMI category. This can be a problem since perception contributes to one's perceived need to integrate healthy behaviors into their lifestyle and also reduce one's positive self-image.

**Purpose:** The purposes of this study were to first, determine the frequency of college students who inaccurately predicted their BMI category and second, what factors may contribute to that accuracy, if any. This is important as little research has been done in both the accuracy and the factors that contribute to it.

**Method:** 117 college students agreed to answer questions in a survey format, then have anthropometric measurements taken. The survey included items such as specific lifestyle behaviors, recent weight history and self-perception. After, we took weight and body circumference measurements and compared them to the participants' perception of self.

**Results:** 38% of our sample inaccurately predicted their BMI category. Many of the inaccurate perceivers were in the normal and overweight category.

**Discussion:** Clinicians would benefit from the awareness of what can skew one's self-perception and make necessary adjustments. Educators can benefit from this study by making lesson plan changes to decrease the risk of students misperceiving their weight status. Future implications for researchers will be discussed as well.

### Biography

Ryan Roberts is currently an Undergraduate Student at Utah Valley University and anticipates graduation in fall of 2016. He has been a Research Assistant for Professors Chris Anderson and Ron Hammond at Utah Valley University for four months.

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**Notes:**

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Page 70