

Self-Reported Weight and Height for Evaluating Obesity Control Programs

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Objectives: To assess the adequacy of self-reported weight and height as indicators for BMI in community-based obesity control programs. **Methods:** Self-reported and measured weight and height and calculated BMI in 6979 adults were assessed using analysis of covariance. **Results:** Prevalence of obesity (BMI $\geq 25\text{kg/m}^2$) and overweight (25-29.9 kg/m^2) was lower using self-reported values by 3.2% and 5.0%, respectively. Females underreported BMI more than males did; and older

subjects, more than younger subjects. **Conclusions:** Self-reported weight and height measurements may be used for the evaluation of community-based obesity control programs with the application of correction factors. This will minimize costs associated with physical measurements.

Key words: self-reported weight, height and BMI, measured weight, height and BMI, obesity-control programs evaluation

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