

Perception of Weight Status Among Adults Across Weight Spectrum: A Field Study

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Background

- Obesity in the United States has reached public health epidemic
- Currently there is 68% of US adult population either overweight or obese
- Over 75% of overweight and obese adults have hypertension
- Approximately 2/3 of overweight and obese adults have Type 2 Diabetes
- The obesity epidemic is a major concern for health of the United States adult population

Method

- Pilot study using a semi-structured interview tool consisting of 16 questions was created.
- Convenience sample of 5 adults, each presenting different BMI category (underweight, normal weight, overweight, Class I Obese, and Class II Obese), was recruited
- All five subjects participated in taped face-to-face interview of 30 to 60 minutes per person - talking about personal weight perception.



Findings (Results):

- Participants were divided about their feelings about their body size and weight:
 - Underweight participant – perceived herself as average weight
 - Overweight – perceives self as obese
 - Obese Class I and II – observe selves as slightly overweight
- Findings confirmed statement that “body weight and size ideals may be occurring at the individual level.”

Participants	Body Mass Index (BMI)	Gender	Age (18 to 50)	Education	Marital status
Subject 1 (Underweight)	18.0	Female	18	Some College	Single
Subject 2 (Normal Weight)	19.2	Female	20	Some College	Single
Subject 3 (Overweight)	28.2	Female	50	Graduate School	Married
Subject 4 (Obese Class I)	30.2	Female	42	Some College	Single
Subject 5 (Obese Class II)	37.0	Female	32	College Degree	Single

BMI Weight Status

Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30 – 34.5	Obese Class I
35 to 39.9	Obese Class II

Conclusion

- The goal of this project was to add to the knowledge of current perception of weight status among adults across the weight spectrum.
- Underweight, Overweight and Obese individuals do experience body dissatisfaction
- Adults across weight spectrum experience body size dissatisfaction

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