

## Assessments for Obesity Module

### Health/Medical Assessments:

1. Weight and BMI (we encourage patients to weigh and graph their weight daily)
  - Weight tracker (written): <http://www.muschealth.com/weight/graph.htm>
  - Weight trackers (online):
    - i. <http://www.myfitnesspal.com>
    - ii. <http://www.sparkpeople.com>
  - BMI calculator and tables: <http://www.nhlbisupport.com/bmi/>
2. Waist circumference (info and how to measure: [http://www.mckinley.illinois.edu/handouts/waist\\_circumference/waist\\_circumference.htm](http://www.mckinley.illinois.edu/handouts/waist_circumference/waist_circumference.htm))

### Dietary:

1. Calorie intake
  - Food/Beverage trackers (online):
    - i. <http://www.calorieking.com>
    - ii. <http://www.myfitnesspal.com>
    - iii. <http://www.sparkpeople.com>
    - iv. <http://www.choosemyplate.gov/tools.html>
  - Food/Beverage trackers (written):
    - i. Free: <http://www.muschealth.com/weight/FoodDiary.htm>
    - ii. Free: <http://www.webmd.com/diet/printable/food-fitness-journal>
    - iii. Free: <http://swc.osu.edu/posts/documents/food-record.pdf>
- Tips for accurately tracking food/beverage intake:  
[http://hk.humankinetics.com/TheAthletesGuidetoMakingWeight/IR/Addl\\_Tips\\_For\\_Recording\\_Food\\_Intake.pdf](http://hk.humankinetics.com/TheAthletesGuidetoMakingWeight/IR/Addl_Tips_For_Recording_Food_Intake.pdf)

### Physical Activity:

1. Physical activity minutes and/or pedometer reading (steps/miles)
  - Physical Activity trackers (online):
    - i. <http://www.myfitnesspal.com>
    - ii. <http://www.sparkpeople.com>
    - iii. <http://www.choosemyplate.gov/tools.html>
  - Physical Activity trackers (written):
    - i. Free: <http://www.muschealth.com/weight/FoodDiary.htm>
    - ii. Free: <http://www.webmd.com/diet/printable/food-fitness-journal>
    - iii. Free: [http://www.cdc.gov/nccdphp/dnpa/physical/pdf/my\\_physical\\_activity\\_tracker.pdf](http://www.cdc.gov/nccdphp/dnpa/physical/pdf/my_physical_activity_tracker.pdf)
    - iv. Many available at various bookstores

## Quality of Life:

### 1. PROMIS QOL

- Reeve, B., Hays, R. D., Bjorner, J., Cook, K., Crane, P. K., Teresi, J. A., Thissen, D., Revicki, D. A., Weiss, D. J., Hambleton, R. K., Liu, H., Gershon, R., Reise, S. P., Lai, J. S., Cella, D., & on behalf of the PROMIS cooperative group. (2007). [Psychometric evaluation and calibration of health-related quality of life item banks: Plans for the Patient-Reported Outcome Measurement Information System](#) (PROMIS). *Medical Care*, 45(5), S22–31.

### 2. Short Form 36 (SF-36)

- <http://www.qualitymetric.com/WhatWeDo/GenericHealthSurveys/SF36v2HealthSurvey/tabid/185/Default.aspx>
- Most widely used/recommended measure of general health related QOL
- (from the publisher) "... 36 questions to measure functional health and well-being from the patient's point of view. It is a practical, reliable, and valid measure of physical and mental health that can be completed in five to ten minutes.

### 3. Impact of Weight on Quality of Life-Lite (IWQOL-Lite)

- <http://www.qualityoflifeconsulting.com/iwqol-lite.html>
- (from the use licensor): Assesses an individual's perception of how their weight affects their daily life. This instrument is especially valuable to obesity researchers, clinicians, psychologists, medical device and/or pharmaceutical companies seeking to validate the effectiveness of their treatments for obesity using metrics that go beyond the physical measurements of weight loss.
- Evidence of good psychometrics: Kolotkin, RL, Crosby, RD, Kosloski, KD, Williams, GR. Development of a brief measure to assess quality of life in obesity. *Obesity Research*. 2001; 9: 102-111.
- Recommend including because provides a weight-specific assessment of QOL.

## Other Possible Assessments:

### 1. Body fat %: Bioelectrical impedance analysis

- Although this method has its drawbacks, it's probably the best when all factors are considered (e.g., accuracy, availability, cost)
- Reliability can be affected by measurement conditions; also can't be done on patients with implanted electrical devices (e.g., pacemaker, implanted stimulator, etc.)
- Good basic info:
  - i. <http://consensus.nih.gov/1994/1994BioelectricImpedanceBodyta015html.htm> (dated)
  - ii. [http://en.wikipedia.org/wiki/Body\\_composition](http://en.wikipedia.org/wiki/Body_composition)
- Instructions on how to use handheld BIA tool: [http://www.youtube.com/watch?v=0og2\\_UjYWyg&feature=relmfu](http://www.youtube.com/watch?v=0og2_UjYWyg&feature=relmfu)
- Would not measure any more frequently than about every 4 weeks

### 2. Chronic disease risk biomarkers (e.g., total cholesterol, LDL cholesterol, triglycerides, glucose, HbA1c, etc.)