

Body size measurements in public health: A social justice & weight stigma perspective

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Presenter Disclosures

Natalie Ingraham

(1) The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

No relationships to disclose

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- Satinsky, S., & Ingraham, N. (2014). At the Intersection of Public Health and Fat Studies: Critical Perspectives on the Measurement of Body Size. *Fat Studies*, 3(2), 143-154.



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## Learning Objectives

- Evaluate the critiques of common body size measurements such as BMI or silhouette matching tests (SMT) in public health practice.
- Explain how current body size measurement may support weight stigma in public health contexts.
- Evaluate the feasibility and usefulness of emerging technologies in providing accurate, non-stigmatizing body measurements for use in public health research.

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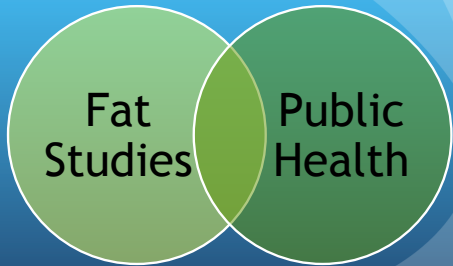
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## Who's interested in body size?



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## Why do we measure bodies?



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## Current Body Measurement Tools

- BMI
- Weight
- Silhouette matching tests (right)
- Waist Circumference
- Clothing size
- Self-identification




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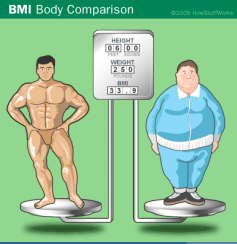
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## Body Measurement Critiques

- BMI: (Burkhauser & Cawley, 2008)
- Doesn't take muscle/fat ratio into account
- Not designed as an individual-level assessment
- Poorly predictive
- Standardization based on White male body




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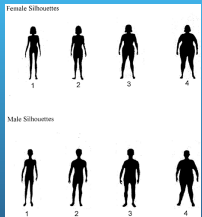
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## Body Measurement Critiques



- Body line drawings: (Ambruzzi-Randic et al., Poterajac-Balkan, & Taktic et al., 2003; Gardner, Jappe, & Gardner, 2009; Peterson et al., 2003)
- Don't account for differences in body shape
- Drawings aren't standardized between drawings
- Female participants usually white, feminine-presenting, hourglass shaped
- Limited in the upper and lower ranges of body sizes (only up to 140% of "average body weight")

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### Weight Stigma

**Weight Stigma Awareness Week**  
September 23-27

**64%** of teenagers in weight-loss programs had been teased or bullied because of weight.  
*And it wasn't always by peers...*

<b>42%</b> by coach or p.e. teacher	<b>37%</b> by parent	<b>27%</b> by teacher
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**81% of 10 year-olds are afraid of being fat. Weight stigma can be dangerous.**

**EVERYBODY KNOWS SOMEBODY**

Learn more and get help:  
[NEDAwareness.org](http://NEDAwareness.org)

**NEDA** awareness  
National Eating Disorders Association  
FUNDRAISER: March 1, 2015  
#NEDA2015

**NEDA** awareness & National  
**HELPLINE**  
800.931.2237

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### What are other options?

MyVirtualModel

Buy a License  
Contact Us

MyVirtualModel

Buy a License  
Contact Us

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### What are other options?

90-70 cm To Screen

Sitting Eye Height

18-20° Monitor Tilt

Sitting Elbow Height

Seat Height

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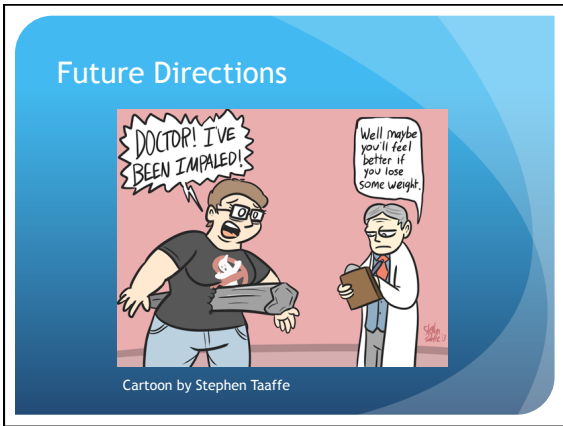
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