

Title

Self-Rating of Weight Status Agrees Well With Classification Based on Body Mass Index.

Authors

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Introduction

Questionnaires for Obstructive Sleep Apnea (OSA) commonly classify weight status using a threshold of Body Mass Index (BMI) ≥ 26 for overweight. BMI is typically either calculated or read off a table. Determination of BMI adds a cumbersome step to the scoring of screening questionnaires and limits their use in many busy primary care practices. We therefore sought to determine how well self-rating of weight status (overweight vs not overweight) agrees with classification based on BMI values.

Methods

99 subjects were recruited, partly from a mall, partly from our clinic (SMN), to participate in a validation of a new screening questionnaire for OSA. Inclusion/exclusion criteria were: age 18 and older, not pregnant, not hospitalized in the past 30 days, not previously diagnosed with OSA. 39 subjects were male, 60 female. Median age was 46. Self-rating of weight status and BMI were collected for each subject as part of the overall dataset.

Results

50 subjects had a BMI < 26 , 49 had a BMI ≥ 26 . 46 subjects rated themselves as not overweight, 53 rated themselves as overweight. 43/46 subjects (93%) correctly rated themselves as not overweight. 47/53 subjects (89%) correctly rated themselves as overweight. Kappa = .82 (SE = .06). Gender did not have a significant effect on the direction of incorrect self-rating.

Conclusion

Self-rating of weight status has excellent agreement with classification based on BMI values. Use of self-rating of weight status can significantly simplify screening questionnaires for obesity and for OSA.