“Accuracy of Current Body Mass Index Obesity Classification for White, Black, and Hispanic Reproductive-Age Women”  
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1. Review how desirable weight ranges and obesity definitions were developed including Metropolitan Life tables, body mass index (BMI), and percent body fat. Discuss whether percent body fat is more or less predictive of disease risk than BMI. Should the standard for obesity be percent body fat or BMI and waist circumference?

   - Discuss the accuracy of the estimation of percent total body fat with dual energy X-ray absorptiometry and compare with other methods (see UpToDate article, “Determining body composition in adults”). Discuss whether the authors should have selected a different method of determining percent total body fat for their present study objectives.

2. Is there a correlation between fat distribution and disease risk? Did the authors assess fat distribution? How could they have included fat distribution in their analysis?

3. Women studied in this report were 20–33 years old. What is the effect of aging on percent body fat and lean mass? Are the authors’ conclusions generalizable to postmenopausal women? Why or why not?

4. Review receiver-operating curve analysis. How does it measure accuracy of a screening test? Have the authors demonstrated the validity of their race/ethnicity-specific BMI cutoff values to define obesity? If not, how would they proceed with validating their proposed cutoff values?

5. Review the American College of Obstetricians and Gynecologists Committee Opinion No. 319, “The Role of the Obstetrician-Gynecologist in the Assessment and Management of Obesity” (Obstet Gynecol 2005;106:895–9). Discuss whether information in the article by Rahman and Berenson justifies revision of the committee opinion. If revisions are justified, how should the opinion be revised?

6. Discuss the utility of an anthropometric definition for obesity in public health policy, clinical research trials, and clinical medical care. Discuss the difference in management of a woman who is obese compared with a woman who is overweight.