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)

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

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
        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
   - Instructions on how to use handheld BIA tool: 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.)