

RELATIONSHIP OF THE HUNDREDTHS IN METRIC HEIGHT TO IDEAL BODY WEIGHT

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INTRODUCTION

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Ideal Bodyweight (IBW) is the range of weights associated with longevity for men and women of different heights. There is no absolute correct IBW for any individual but it varies for each individual depending on the formulae used. In overcrowded clinics, quick and reliable way of assessing ideal body weight is required in order to reduce patients waiting time.

OBJECTIVE

To determine how close estimating ideal body weight from a hundredth decimal of height in metre to that estimated from ideal body mass index (BMI).

METHOD

It is a cross-sectional study of subjects attending the diabetes clinic of LUTH. Traditional anthropometric measurements of weight and height were obtained in subjects with Diabetes mellitus using standard technique. BMI is measured by weight (kilograms) divided by the square of height (meters). Ideal body weight is determined from the hundredth decimal of height in metres of all subjects. The relationship between the hundredth decimal of height in m² and BMI were determined using the Pearson correlation coefficient with SPSS 17. The level of significance is set at $p < 0.05$

RESULT

The hundredth decimal of height in metre values was less than values of ideal body weight obtained from BMI. Values correlate with ideal body weight from

BMI with increasing height in studied subjects which was statistically significant.

CONCLUSION

The hundredth decimal of height in metre appears to be a good surrogate in determining the ideal body weight of the average Nigerian adult. It is a simple, reliable, quick and reproducible tool. Hence, it will be of use in overcrowded clinics as seen in developing countries. Further studies will be required to evaluate this finding.