BMI CALCULATIONS – *The Task*

The prevalence of obesity is increasing to epidemic proportions among young people and adults globally. The Body Mass Index (BMI) is a useful and inexpensive means to measure whether young people and adults are underweight, overweight, or obese. In the following exercise you will collect data, perform mathematical operations using box plots and tables to describe the distribution of scores for sample populations, and analyze and interpret results.

Sampling Note: *The BMI does not take into account frame size and muscularity of individuals. The BMI is not an appropriate measure of body index for young children, athletes, and the elderly suffering from illnesses. Do not include these individuals in your sample population.*

1. Collect data by asking three female family members, friends, relatives, or neighbors for their weight and height (maintaining anonymity). Using the formula below, calculate the BMI for each individual, and compare and contrast the results.

   $$BMI = M \div H^2$$ [Mass (kg) divided by the square of the height (m)]

   BMI formula is calculated in SI Units (International System of Units) where M = Mass (weight) in kilograms and H = Height in meters

   Conversions 39.36 inches = 1 meter; 2.202 lbs = 1 Kilogram (kg)

   Complete the table below with the information you collect:

Person (Maintain anonymity by using a number)	**Height in Inches**	**Height in Meters**	**Mass/Weight in Pounds**	**Mass/Weight in Kilograms**	**Calculated BMI**
1					
2					
3					

2. Consolidate the data collected by each member of your class into one table. Use this data to create a box plot (sometimes called a box-and-whisker plot) that visually represents the derived BMI data. You may use either the following chart or a spreadsheet as you determine the five-number summary that will help you create the box plot.

Min	**Q1**	**Median (Q2)**	**Q3**	**Max**

Steps to determine the *five-number summary for your BMI data set:*

1. Enter or list the numbers
2. Sort the numbers by ascending order (lowest to highest)
3. Identify the Minimum
4. Identify the Maximum
5. Determine the Median (Q2)
6. Determine the Median of the lower half of the list – First Quartile (Q1)
7. Determine the Median of the upper half of the list – Third Quartile (Q3)

3. Repeat the box plot creation for the celebrity data provided below, and celebrity data collected by the student. For weight spans use the mean of the two extremes provided.

Celebrity Name	**Height in Feet and Inches**	**Mass/Weight in Pounds**	**Calculated BMI**
Angelina Jolie	5 feet, 8 inches	116.84 – 127.87 lbs.	
Cate Blanchett	5 feet, 8.5 inches	114.64 - 134.48 lbs.	
Christina Aguilera	5 feet, 1.5 inches	99.21 – 110.23 lbs.	
Cindy Crawford	5 feet, 10 inches	114.64 – 125.66 lbs.	
Celebrity:			
Celebrity:			
Celebrity:			

Source: Celebrity site www.celeb-height-weight.psyphil.com
[Note: Data from the website cited in the table footnote can be used to include additional celebrity data.]

4. Interpret differences in shape, center, and spread (*i.e.,* range (Max- Min) and interquartile range (Q3-Q1)) in the context of the two data sets. Determine and discuss the skewness of the data.

a. Discuss the possible effects of outliers compared to the normal ranges of BMI.

b. Compare the two groups to the normal range categories provided below and identify impacts of these differences to the health and lifestyle of the groups.

BMI Score Less than 18.5 ~ Underweight
BMI Score of 18.5 to 24.9 ~ Normal weight
BMI Score of 25 to 29.9 ~ Overweight
BMI Score Greater than 30 ~ Obesity

5. Calculate and compare your own BMI to the normal range chart provided. What insights have you discovered into your own health and lifestyle?

6. A 17-year-old female high school student feels that she is overweight. Her weight is 145 lbs and height is 5’4”. Construct a logical argument to support or refute concerns about her lifestyle choices.

Body Mass Index (BMI) Chart for Adults

Obese (>30) | Overweight (25-30) | Normal (18.5-25) | Underweight (<18.5)

HEIGHT in feet/inches and centimeters

WEIGHT		4'8"	4'9"	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"	6'5"
lbs	(kg)	142cm		147	150	152	155	157	160	163	165	168	170	173	175	178	180	183	185	188	191	193	196
260	**(117.9)**	**58**	**56**	**54**	**53**	**51**	**49**	**48**	**46**	**45**	**43**	**42**	**41**	**40**	**38**	**37**	**36**	**35**	**34**	**33**	**32**	**32**	**31**
255	(115.7)	57	55	53	51	50	48	47	45	44	42	41	40	39	38	37	36	35	34	33	32	31	30
250	**(113.4)**	**56**	**54**	**52**	**50**	**49**	**47**	**46**	**44**	**43**	**42**	**40**	**39**	**38**	**37**	**36**	**35**	**34**	**33**	**32**	**31**	**30**	**30**
245	(111.1)	55	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	32	31	31	30	29
240	**(108.9)**	**54**	**52**	**50**	**48**	**47**	**45**	**44**	**43**	**41**	**40**	**39**	**38**	**36**	**35**	**34**	**33**	**33**	**32**	**31**	**30**	**29**	**28**
235	(106.6)	53	51	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	29	28
230	**(104.3)**	**52**	**50**	**48**	**46**	**45**	**43**	**42**	**41**	**39**	**38**	**37**	**36**	**35**	**34**	**33**	**32**	**31**	**30**	**30**	**29**	**28**	**27**
225	(102.1)	50	49	47	45	44	43	41	40	39	37	36	35	34	33	32	31	31	30	29	28	27	27
220	**(99.8)**	**49**	**48**	**46**	**44**	**43**	**42**	**40**	**39**	**38**	**37**	**36**	**34**	**33**	**32**	**32**	**31**	**30**	**29**	**28**	**27**	**27**	**26**
215	(97.5)	48	47	45	43	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26	25
210	**(95.3)**	**47**	**45**	**44**	**42**	**41**	**40**	**38**	**37**	**36**	**35**	**34**	**33**	**32**	**31**	**30**	**29**	**28**	**28**	**27**	**26**	**26**	**25**
205	(93.0)	46	44	43	41	40	39	37	36	35	34	33	32	31	30	29	29	28	27	26	26	25	24
200	**(90.7)**	**45**	**43**	**42**	**40**	**39**	**38**	**37**	**35**	**34**	**33**	**32**	**31**	**30**	**30**	**29**	**28**	**27**	**26**	**26**	**25**	**24**	**24**
195	(88.5)	44	42	41	39	38	37	36	35	33	32	31	31	30	29	28	27	26	26	25	24	24	23
190	**(86.2)**	**43**	**41**	**40**	**38**	**37**	**36**	**35**	**34**	**33**	**32**	**31**	**30**	**29**	**28**	**27**	**26**	**26**	**25**	**24**	**24**	**23**	**23**
185	(83.9)	41	40	39	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22
180	**(81.6)**	**40**	**39**	**38**	**36**	**35**	**34**	**33**	**32**	**31**	**30**	**29**	**28**	**27**	**27**	**26**	**25**	**24**	**24**	**23**	**22**	**22**	**21**
175	(79.4)	39	38	37	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21
170	**(77.1)**	**38**	**37**	**36**	**34**	**33**	**32**	**31**	**30**	**29**	**28**	**27**	**27**	**26**	**25**	**24**	**24**	**23**	**22**	**22**	**21**	**21**	**20**
165	(74.8)	37	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	20
160	**(72.6)**	**36**	**35**	**33**	**32**	**31**	**30**	**29**	**28**	**27**	**27**	**26**	**25**	**24**	**24**	**23**	**22**	**22**	**21**	**21**	**20**	**19**	**19**
155	(70.3)	35	34	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19	18
150	**(68.0)**	**34**	**32**	**31**	**30**	**29**	**28**	**27**	**27**	**26**	**25**	**24**	**23**	**23**	**22**	**22**	**21**	**20**	**20**	**19**	**19**	**18**	**18**
145	(65.8)	33	31	30	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18	17
140	**(63.5)**	**31**	**30**	**29**	**28**	**27**	**26**	**26**	**25**	**24**	**23**	**23**	**22**	**21**	**21**	**20**	**20**	**19**	**18**	**18**	**17**	**17**	**17**
135	(61.2)	30	29	28	27	26	26	25	24	23	22	22	21	21	20	19	19	18	18	17	17	16	16
130	**(59.0)**	**29**	**28**	**27**	**26**	**25**	**25**	**24**	**23**	**22**	**22**	**21**	**20**	**20**	**19**	**19**	**18**	**18**	**17**	**17**	**16**	**16**	**15**
125	(56.7)	28	27	26	25	24	24	23	22	21	21	20	20	19	18	18	17	17	16	16	16	15	15
120	**(54.4)**	**27**	**26**	**25**	**24**	**23**	**23**	**22**	**21**	**21**	**20**	**19**	**19**	**18**	**18**	**17**	**17**	**16**	**16**	**15**	**15**	**15**	**14**
115	(52.2)	26	25	24	23	22	22	21	20	20	19	19	18	17	17	16	16	16	15	15	14	14	14
110	**(49.9)**	**25**	**24**	**23**	**22**	**21**	**21**	**20**	**19**	**19**	**18**	**18**	**17**	**17**	**16**	**16**	**15**	**15**	**15**	**14**	**14**	**13**	**13**
105	(47.6)	24	23	22	21	21	20	19	19	18	17	17	16	16	16	15	15	14	14	13	13	13	12
100	**(45.4)**	**22**	**22**	**21**	**20**	**20**	**19**	**18**	**18**	**17**	**17**	**16**	**16**	**15**	**15**	**14**	**14**	**14**	**13**	**13**	**12**	**12**	**12**
95	(43.1)	21	21	20	19	19	18	17	17	16	16	15	15	14	14	14	13	13	13	12	12	12	11
90	**(40.8)**	**20**	**19**	**19**	**18**	**18**	**17**	**16**	**16**	**15**	**15**	**15**	**14**	**14**	**13**	**13**	**13**	**12**	**12**	**12**	**11**	**11**	**11**
85	(38.6)	19	18	18	17	17	16	16	15	15	14	14	13	13	13	12	12	12	11	11	11	10	10
80	**(36.3)**	**18**	**17**	**17**	**16**	**16**	**15**	**15**	**14**	**14**	**13**	**13**	**13**	**12**	**12**	**11**	**11**	**11**	**11**	**10**	**10**	**10**	**9**

Note: BMI values rounded to the nearest whole number. BMI categories based on CDC (Centers for Disease Control and Prevention) criteria.

www.vertex42.com BMI = Weight[kg] / (Height[m] x Height[m]) = 703 x Weight[lb] / (Height[in] x Height[in])