

### **Body mass index and body fat in college age males and females: Perception versus reality**

**Objective:** This study's purpose is advancing knowledge about perceptions of healthy body fat and BMI among undergraduate students, examining the relationship between believed and actual body characteristics.

**Participants:** In September 2009, 413 freshmen completed a survey asking students to self-assess body fat percentage, BMI and weight among other questions.

**Methods:** Students were surveyed prior to and after taking body measurements. Regression was used to understand how different categories predicted level of accuracy in students' assessments.

**Results:** Findings suggest students less accurately estimated BMI than body fat percentage. Interactions suggest females and males differ in estimation accuracy and this varied by fat categories. Additionally, 90% of students believe

**Notes:**