



# PCDS Entry-Level Module Series

## Body mass index (BMI)



AstraZeneca has, through a grant, fully funded all costs for the technical development and hosting of the modules. AstraZeneca has had no influence on the content of the modules and full editorial control remains the sole responsibility of the Primary Care Diabetes Society.

**PCDS**

Primary Care Diabetes Society

# Assessment answers

# Question 1

How is BMI, or Body Mass Index, calculated from the height and weight?

1. Height/weight<sup>2</sup>
2. Height<sup>2</sup>/weight
3. Weight<sup>2</sup>/height
4. Height/weight
5. Weight/height<sup>2</sup>

## Question 2

Select all statements that are True:

When measuring height...

1. Feet should be at shoulder width apart to support balance
2. All of heels, buttocks and shoulder blades should be in contact with the measurement surface
3. Chin should be pointed up to ensure the individual stands as tall as possible
4. Shoes should always be removed
5. Hair accessories may need to be removed

## Question 3

Select all statements that are True:

When measuring weight...

1. Scales placed on a carpeted floor may read weight inaccurately
2. Heavy clothing should be removed
3. Shoes can be worn
4. An older person can support themselves on the scales with a walking stick if needed
5. Scales should be calibrated regularly

## Question 4

Which BMI is classed as 'obese' in a person of white European descent?

1.  $\geq 25$
2.  $\geq 27.5$
3.  $\geq 30$
4.  $\geq 35$

## Question 5

Select all that apply

When measuring waist circumference...

1. Place the tape measure over the hips
2. The tape measure should be pulled tightly
3. The measurement should be taken when the patient is breathing out

## Question 6

Select all statements that are True

1. Type 1 diabetes is weight related and can be reversed by weight loss
2. Type 2 diabetes can be reversed by weight loss in some people
3. The risk of type 2 diabetes increases with age
4. Lifestyle factors play a minor contribution to risk of developing type 2 diabetes