

Couch Potato Syndrome: The Slothful Killer

New Mexico Adventures in Supercomputing Challenge

Final Report

April 4, 2004

Team 18

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Almost 10 million American children are obese or are on the verge of becoming so. Scientists are currently researching the key contributing factors to adolescent obesity.

A questionnaire was developed by investigating current research about factors that lead to obesity in adolescents. The questions include: amount of TV watched, video game and Internet usage, meal habits, and exercise. The questionnaire was placed in an Excel spreadsheet program where it could be completed on the computer and results compiled. After the results were entered into the program they were analyzed. The data was then represented by scatter-plot graphs and analyzed using linear regression to determine if a correlation was present.

Introduction

As adolescents we recognize that obesity amongst our peers has become a major issue not only in our community but also in communities across the country. In the United States obesity among adolescents has increased to epidemic proportions having doubled in proportion since the 1970's. (Giammattei 2003) Scientific studies have shown that high BMIs in adolescents are directly related to lifestyle choices made by teenagers. Current statistics state that between 16 and 33 percent of adolescents in the U.S. are obese and one out of five teenagers are considered overweight. (Torgan 2002) Through our study we hope to inform our peers of this growing and possibly fatal issue.

Problem Statement

Through Survey of our peers we it will be determined if there is a correlation between body mass index and lifestyle choices.

Description

1. Derive a survey including the following: age, gender, weight and height (to determine body mass index), how many days a week you eat breakfast, how many hours of TV you watch in a day, how many hours you spend on the internet in a day, how many hours of video games you play a day, how many sodas you drink a day, how many days a week you eat 5 servings of fruits and vegetables, and how many times a week you exercise.
2. Format survey in Excel.
3. Distribute surveys to students' 7-12 grades.
4. Collect surveys and compile the gathered data.
5. Organize results in scatter plots and analyze the data.

Results

The graphs are scattered showing no evidence of a line; therefore a correlation is not evident. The linear regressions showed no correlation.

	BMI	How many days a week do you eat breakfast? 0-7 days	How many hours of TV do you watch in a day? 0-10+ Hours	How many hours do you spend on the internet in a day? 0-10+ Hours
Female Average	24.88	4.34	2.03	0.53
Male Average	21.29	6.15	2.71	1.24

	How many hours of video games do you play in a day? 0-10+ Hours	How many sodas do you drink a day? 0-10+ a day	How many meals do you eat per day? 0-10+ per day
Female Average	0.79	1.23	2.92
Male Average	0.91	0.85	3.14

	How many days a week do you eat 5 servings of fruits and vegetable? 0-7 Days	How many times a week do you exercise? 0-10+ Times a Week
Female Average	2.63	5.56
Male Average	3.65	7.09

Both the male and female average BMI were lower than the national average.

Conclusion

In conclusion our data did not support current trends in research. After completing an extensive search of scientific studies on adolescent obesity and the factors that contribute to unhealthy BMI's, we choose seven lifestyle habits to test.

Our study found that our test group's lifestyle habits were similar to those of the average American adolescent. We watch the same amount of television, play as many video games, and eat as many meals as the average American kid. Yet, our data showed no correlation between these factors and increasing BMI's.

Our test population lifestyle habits varied from current trends as well. We feel that our rural lifestyle, which is becoming increasingly rare, is responsible for these differences. For instance, we rarely eat fast food since the nearest establishment is over 30 miles away. Another difference is that computer and Internet usage is lower than average in our community. Possible the biggest difference is our study population's activity levels. This is due to family responsibilities, after school jobs and extra curricular activities.

The results to our project were both surprising and enlightening.

Appendices

Appendix A

BMI Charts

Risk of Associated Disease According to BMI and Waist Size			
BMI		Waist less than or equal to 40 in. (men) or 35 in. (women)	Waist greater than 40 in. (men) or 35 in. (women)
18.5 or less	Underweight	--	N/A
18.5 - 24.9	Normal	--	N/A
25.0 - 29.9	Overweight	Increased	High
30.0 - 34.9	Obese	High	Very High
35.0 - 39.9	Obese	Very High	Very High
40 or greater	Extremely Obese	Extremely High	Extremely High

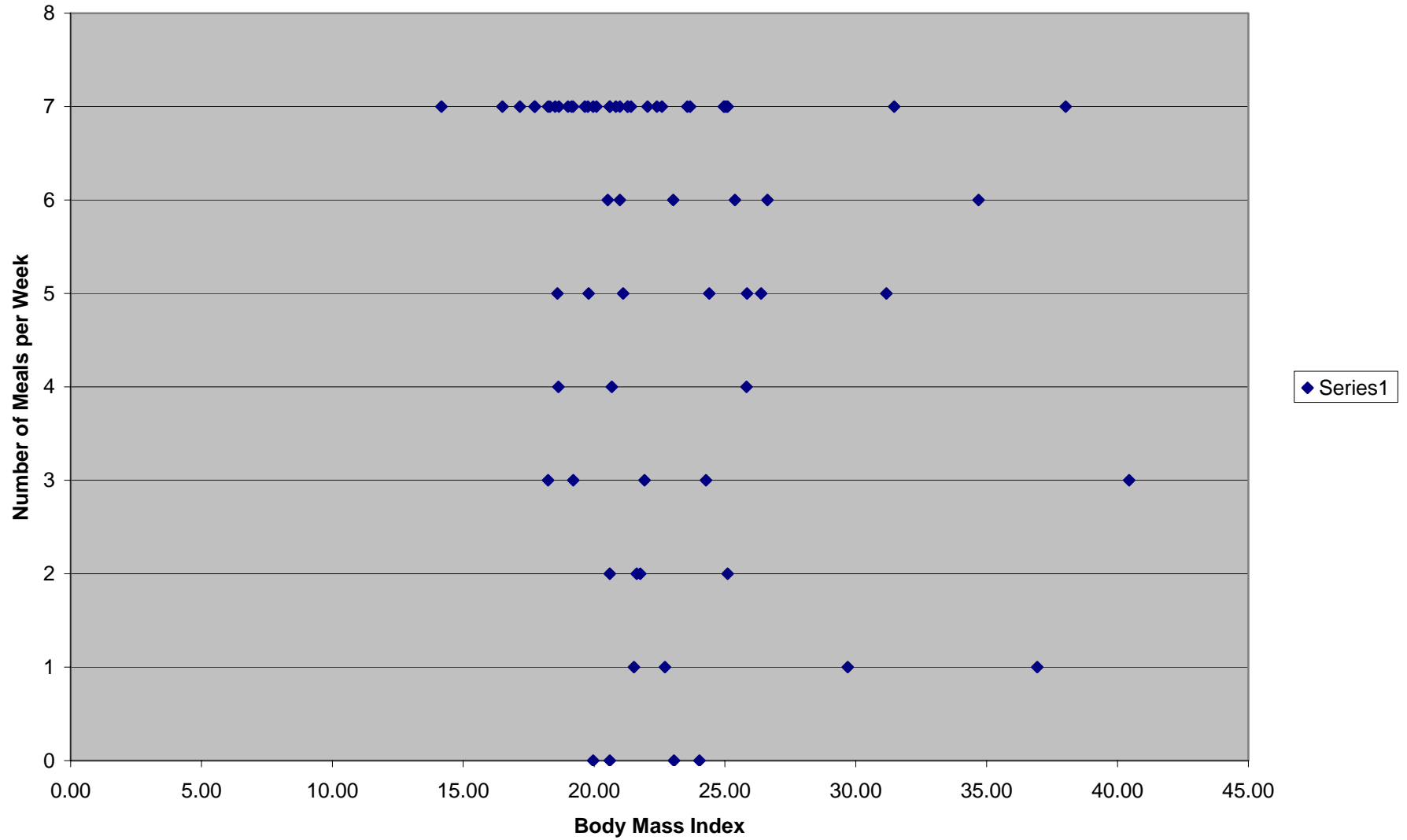
BMI (kg/m ²)	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height (in.)	Weight (lb.)													
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328

Body weight in pounds according to height and body mass index.

Appendix B

Data Tables and Graphs

Body Mass Index vs Breakfast Consumption



Body Mass Index Vs Breakfast Consumption

Number	Age	Gender M/F	Weight	Height in inches	BMI	How many days a week do you eat breakfast? 0- 7 days
1	17	M	175	69	25.84	5
2	17	F	140	69	20.67	4
3	18	m	200	73	26.38	5
4	18	F	105	63	18.60	5
5	17	M	265	70	38.02	7
6	16	M	290	71	40.44	3
7	16	M	170	72	23.05	0
8	17	M	219	72	29.70	1
9	18	m	180	71	25.10	7
10	18	F	130	66	20.98	6
11	18	F	103	63	18.24	3
12	18	M	140	70	20.09	7
13	18	F	155	67	24.27	3
14	18	M	263	73	34.69	6
15	17	F	140	64	24.03	0
16	18	F	120	65	19.97	0
17	18	F	140	67	21.92	3
18	17	M	150	70	21.52	1
19	18	F	165	73	21.77	2
20	18	F	170	67	26.62	6
21	17	F	120	64	20.60	0
22	17	M	162	71	22.59	7
23	18	M	280	73	36.94	1
24	14	M	155	68	23.57	7
25	14	F	97	62	17.74	7
26	14	M	180	71	25.10	2
27	17	M	140	68	21.28	7
28	18	m	200	75	25.00	7
29	13	m	80	63	14.17	7
30	12	f	105	62	19.20	3
31	13	m	115	65	19.13	7
32	14.5	m	160	66	25.82	4
33	14	m	130	63	23.03	6
34	15	m	130	60	25.39	6
35	15	m	145	68	22.04	7
36	15	m	205	68	31.17	5

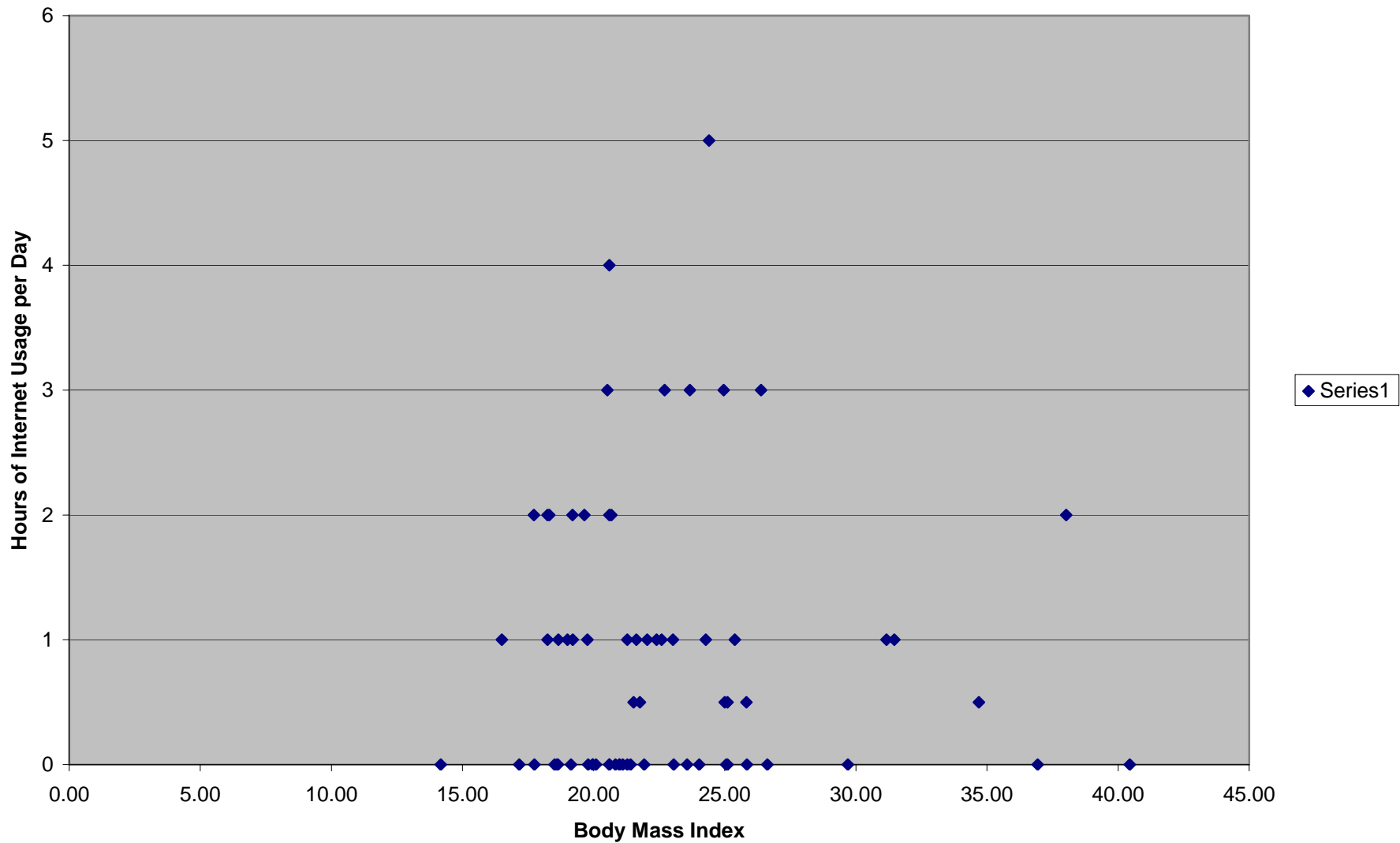
37	16	m	170	78	19.64	7
38	16	f	119	67	18.64	4
39	16	f	120	64	20.60	2
40	16	f	130	65	21.63	2
41	15	f	130	69	19.20	7
42	15	f	145	69	21.41	7
43	15	f	120	64	20.60	7
44	16	f	120	69	17.72	7
45	15	m	135	68	20.52	6
46	16	f	130	70	18.65	7
47	16	m	150	73	19.79	5
48	16	m	165	70	23.67	7
49	17	f	150	65	24.96	7
50	17	m	143	67	22.39	7
51	17	m	135	72	18.31	7
52	16	f	130	68	19.76	7
53	17	m	175	71	24.40	5
54	17	f	145	67	22.71	1
55	15	M	135	67.5	20.83	7
56	15	m	195	66	31.47	7
57	15	F	130	66	20.98	7
58	14	f	125	68	19.00	7
59	14	f	120	68	18.24	7
60	15	f	123	64	21.11	5
61	15	F	160	67	25.06	7
62	15	f	120	64	20.60	7
63	15	f	140	68	21.28	7
64	14	m	120	65	19.97	7
65	15	m	115	70	16.50	7
66	14	f	100	64	17.16	7
67	15	f	98	61	18.51	7

Body Mass Index Vs TV Watching

Number	Age	Gender M/F	Weight	Height in inches	BMI	How many hours of TV do you watch in a day? 0-10+ Hours
1	17	M	175	69	25.84	2
2	17	F	140	69	20.67	2
3	18	m	200	73	26.38	4
4	18	F	105	63	18.60	4
5	17	M	265	70	38.02	4
6	16	M	290	71	40.44	1
7	16	M	170	72	23.05	1
8	17	M	219	72	29.70	2
9	18	m	180	71	25.10	2
10	18	F	130	66	20.98	1
11	18	F	103	63	18.24	2
12	18	M	140	70	20.09	2.5
13	18	F	155	67	24.27	2
14	18	M	263	73	34.69	1
15	17	F	140	64	24.03	3
16	18	F	120	65	19.97	0
17	18	F	140	67	21.92	0
18	17	M	150	70	21.52	1
19	18	F	165	73	21.77	0
20	18	F	170	67	26.62	3
21	17	F	120	64	20.60	1
22	17	M	162	71	22.59	1
23	18	M	280	73	36.94	1
24	14	M	155	68	23.57	1
25	14	F	97	62	17.74	0
26	14	M	180	71	25.10	1
27	17	M	140	68	21.28	2
28	18	m	200	75	25.00	2
29	13	m	80	63	14.17	6
30	12	f	105	62	19.20	3
31	13	m	115	65	19.13	5
32	14.5	m	160	66	25.82	1.5
33	14	m	130	63	23.03	3
34	15	m	130	60	25.39	0
35	15	m	145	68	22.04	7
36	15	m	205	68	31.17	3
37	16	m	170	78	19.64	2

38	16 f	119	67	18.64	
39	16 f	120	64	20.60	2
40	16 f	130	65	21.63	3
41	15 f	130	69	19.20	2
42	15 f	145	69	21.41	4
43	15 f	120	64	20.60	2
44	16 f	120	69	17.72	2
45	15 m	135	68	20.52	6
46	16 f	130	70	18.65	0
47	16 m	150	73	19.79	5
48	16 m	165	70	23.67	3
49	17 f	150	65	24.96	4
50	17 m	143	67	22.39	2
51	17 m	135	72	18.31	3
52	16 f	130	68	19.76	1
53	17 m	175	71	24.40	3
54	17 f	145	67	22.71	1
55	15 M	135	67.5	20.83	0
56	15 m	195	66	31.47	4
57	15 F	130	66	20.98	2
58	14 f	125	68	19.00	4
59	14 f	120	68	18.24	5
60	15 f	123	64	21.11	2
61	15 F	160	67	25.06	1
62	15 f	120	64	20.60	4
63	15 f	140	68	21.28	1
64	14 m	120	65	19.97	3
65	15 m	115	70	16.50	5
66	14 f	100	64	17.16	2
67	15 f	98	61	18.51	4

Body Mass Index vs Internet Usage

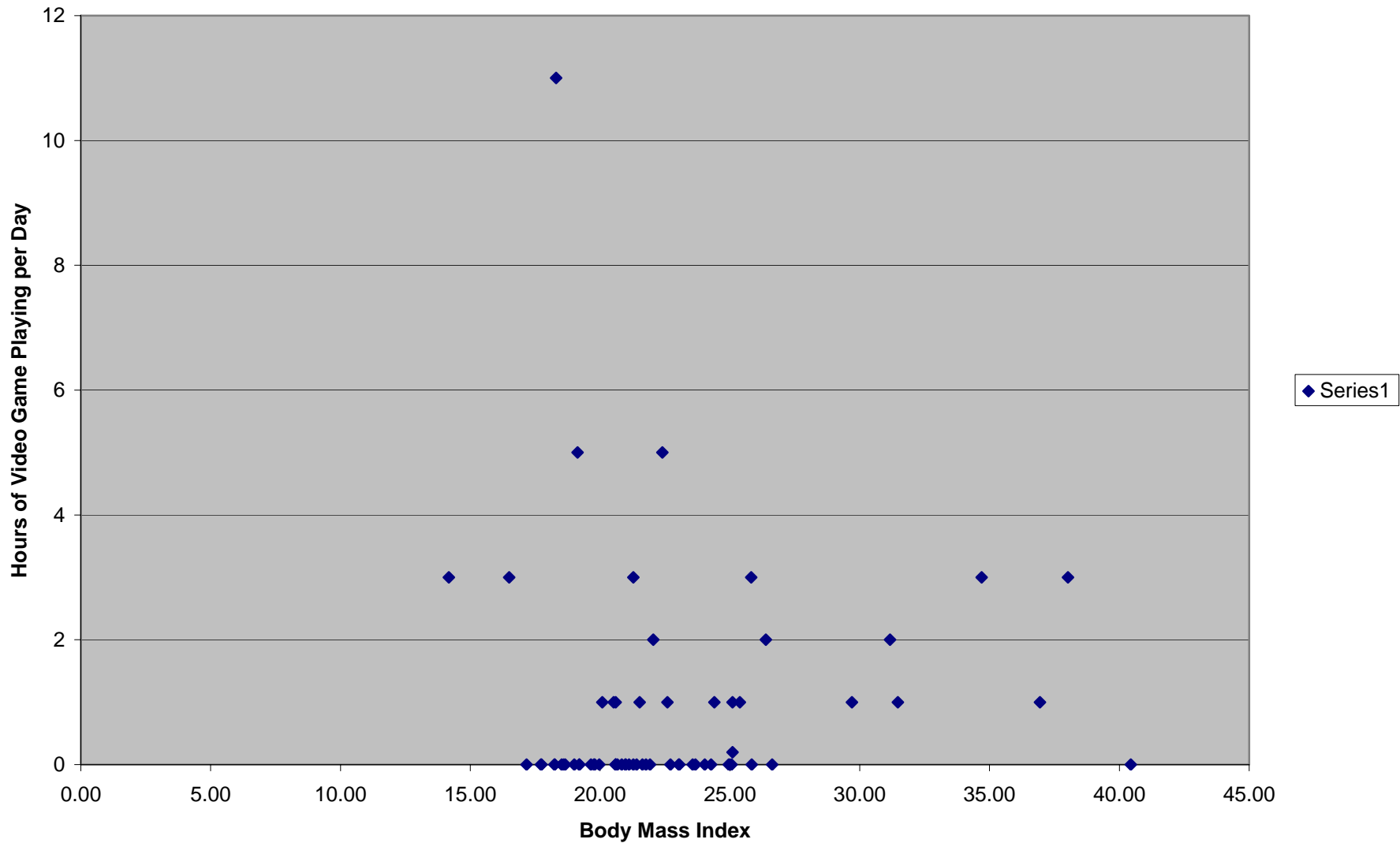


Body Mass Index Vs Internet Usage

Number	Age	Gender M/F	Weight	Height in inches	BMI	How many hours do you spend on the internet in a day? 0-10+ Hours
1	17	M	175	69	25.84	0
2	17	F	140	69	20.67	2
3	18	m	200	73	26.38	3
4	18	F	105	63	18.60	0
5	17	M	265	70	38.02	2
6	16	M	290	71	40.44	0
7	16	M	170	72	23.05	0
8	17	M	219	72	29.70	0
9	18	m	180	71	25.10	0
10	18	F	130	66	20.98	0
11	18	F	103	63	18.24	2
12	18	M	140	70	20.09	0
13	18	F	155	67	24.27	1
14	18	M	263	73	34.69	0.5
15	17	F	140	64	24.03	0
16	18	F	120	65	19.97	0
17	18	F	140	67	21.92	0
18	17	M	150	70	21.52	0.5
19	18	F	165	73	21.77	0.5
20	18	F	170	67	26.62	0
21	17	F	120	64	20.60	0
22	17	M	162	71	22.59	1
23	18	M	280	73	36.94	0
24	14	M	155	68	23.57	0
25	14	F	97	62	17.74	0
26	14	M	180	71	25.10	0.5
27	17	M	140	68	21.28	1
28	18	m	200	75	25.00	0.5
29	13	m	80	63	14.17	0
30	12	f	105	62	19.20	1
31	13	m	115	65	19.13	0
32	14.5	m	160	66	25.82	0.5
33	14	m	130	63	23.03	1
34	15	m	130	60	25.39	1
35	15	m	145	68	22.04	1
36	15	m	205	68	31.17	1
37	16	m	170	78	19.64	2

38	16 f	119	67	18.64	0
39	16 f	120	64	20.60	2
40	16 f	130	65	21.63	1
41	15 f	130	69	19.20	2
42	15 f	145	69	21.41	0
43	15 f	120	64	20.60	0
44	16 f	120	69	17.72	2
45	15 m	135	68	20.52	3
46	16 f	130	70	18.65	1
47	16 m	150	73	19.79	0
48	16 m	165	70	23.67	3
49	17 f	150	65	24.96	3
50	17 m	143	67	22.39	1
51	17 m	135	72	18.31	2
52	16 f	130	68	19.76	1
53	17 m	175	71	24.40	5
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55	15 M	135	67.5	20.83	0
56	15 m	195	66	31.47	1
57	15 F	130	66	20.98	0
58	14 f	125	68	19.00	1
59	14 f	120	68	18.24	1
60	15 f	123	64	21.11	0
61	15 F	160	67	25.06	0
62	15 f	120	64	20.60	4
63	15 f	140	68	21.28	0
64	14 m	120	65	19.97	0
65	15 m	115	70	16.50	1
66	14 f	100	64	17.16	0
67	15 f	98	61	18.51	0

Body Mass Index vs Video Game Playing

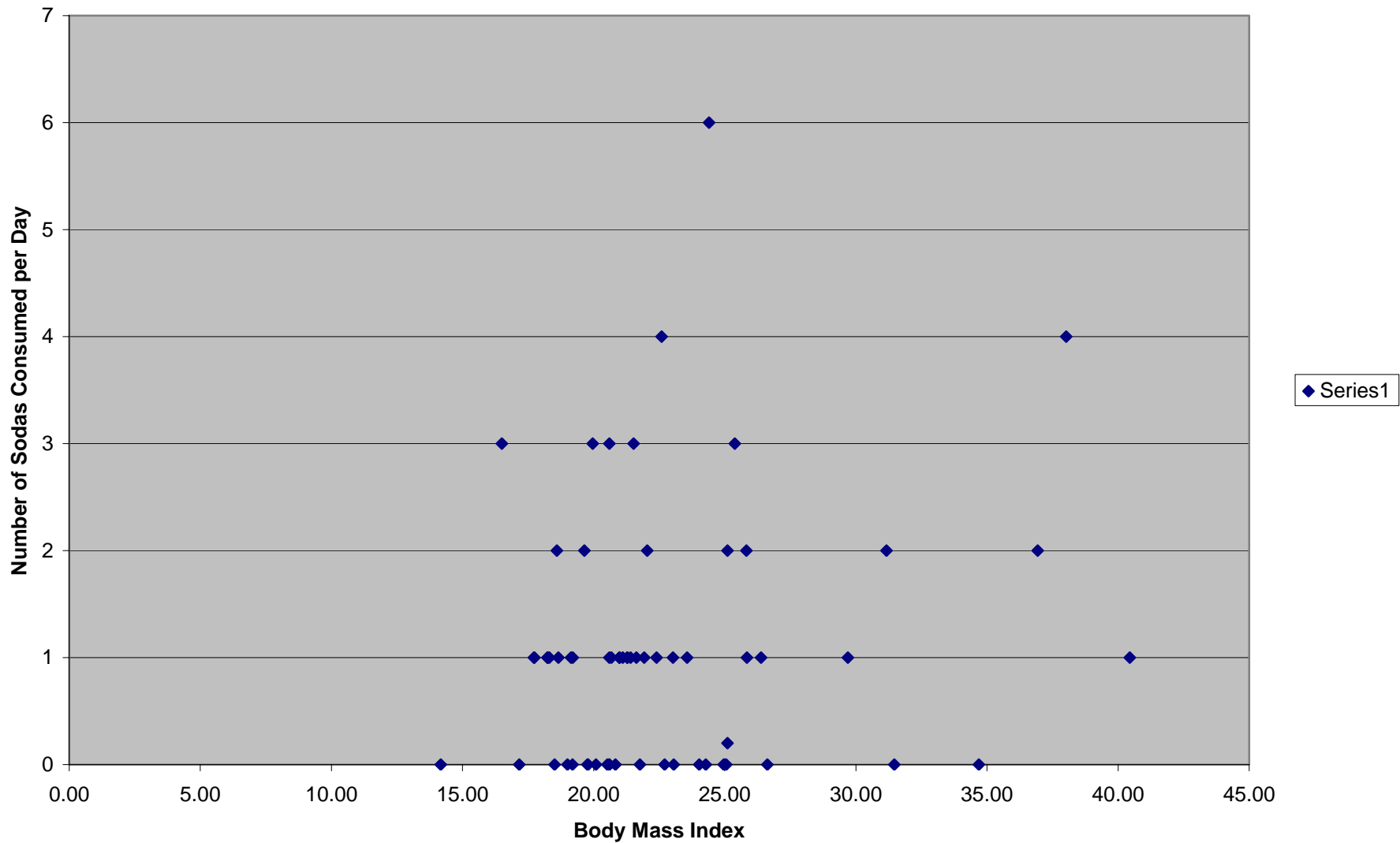


Body Mass Index Vs Video Game Playing

Number	Age	Gender M/F	Weight	Height in inches	BMI	How many hours of video games do you play in a day? 0-10+ Hours
1	17	M	175	69	25.84	0
2	17	F	140	69	20.67	0
3	18	m	200	73	26.38	2
4	18	F	105	63	18.60	0
5	17	M	265	70	38.02	3
6	16	M	290	71	40.44	0
7	16	M	170	72	23.05	0
8	17	M	219	72	29.70	1
9	18	m	180	71	25.10	1
10	18	F	130	66	20.98	0
11	18	F	103	63	18.24	0
12	18	M	140	70	20.09	1
13	18	F	155	67	24.27	0
14	18	M	263	73	34.69	3
15	17	F	140	64	24.03	0
16	18	F	120	65	19.97	0
17	18	F	140	67	21.92	0
18	17	M	150	70	21.52	1
19	18	F	165	73	21.77	0
20	18	F	170	67	26.62	0
21	17	F	120	64	20.60	0
22	17	M	162	71	22.59	1
23	18	M	280	73	36.94	1
24	14	M	155	68	23.57	0
25	14	F	97	62	17.74	0
26	14	M	180	71	25.10	0.2
27	17	M	140	68	21.28	0
28	18	m	200	75	25.00	0
29	13	m	80	63	14.17	3
30	12	f	105	62	19.20	0
31	13	m	115	65	19.13	5
32	14.5	m	160	66	25.82	3
33	14	m	130	63	23.03	0.00
34	15	m	130	60	25.39	1
35	15	m	145	68	22.04	2
36	15	m	205	68	31.17	2

37	16	m	170	78	19.64	0
38	16	f	119	67	18.64	0
39	16	f	120	64	20.60	0
40	16	f	130	65	21.63	0
41	15	f	130	69	19.20	0
42	15	f	145	69	21.41	0
43	15	f	120	64	20.60	1
44	16	f	120	69	17.72	0
45	15	m	135	68	20.52	1
46	16	f	130	70	18.65	0
47	16	m	150	73	19.79	0
48	16	m	165	70	23.67	0
49	17	f	150	65	24.96	0
50	17	m	143	67	22.39	5
51	17	m	135	72	18.31	11
52	16	f	130	68	19.76	0
53	17	m	175	71	24.40	1
54	17	f	145	67	22.71	0
55	15	M	135	67.5	20.83	0
56	15	m	195	66	31.47	1
57	15	F	130	66	20.98	0
58	14	f	125	68	19.00	0
59	14	f	120	68	18.24	0
60	15	f	123	64	21.11	0
61	15	F	160	67	25.06	0
62	15	f	120	64	20.60	0
63	15	f	140	68	21.28	3
64	14	m	120	65	19.97	0
65	15	m	115	70	16.50	3
66	14	f	100	64	17.16	0
67	15	f	98	61	18.51	0

Body Mass Index vs Soda Consumption

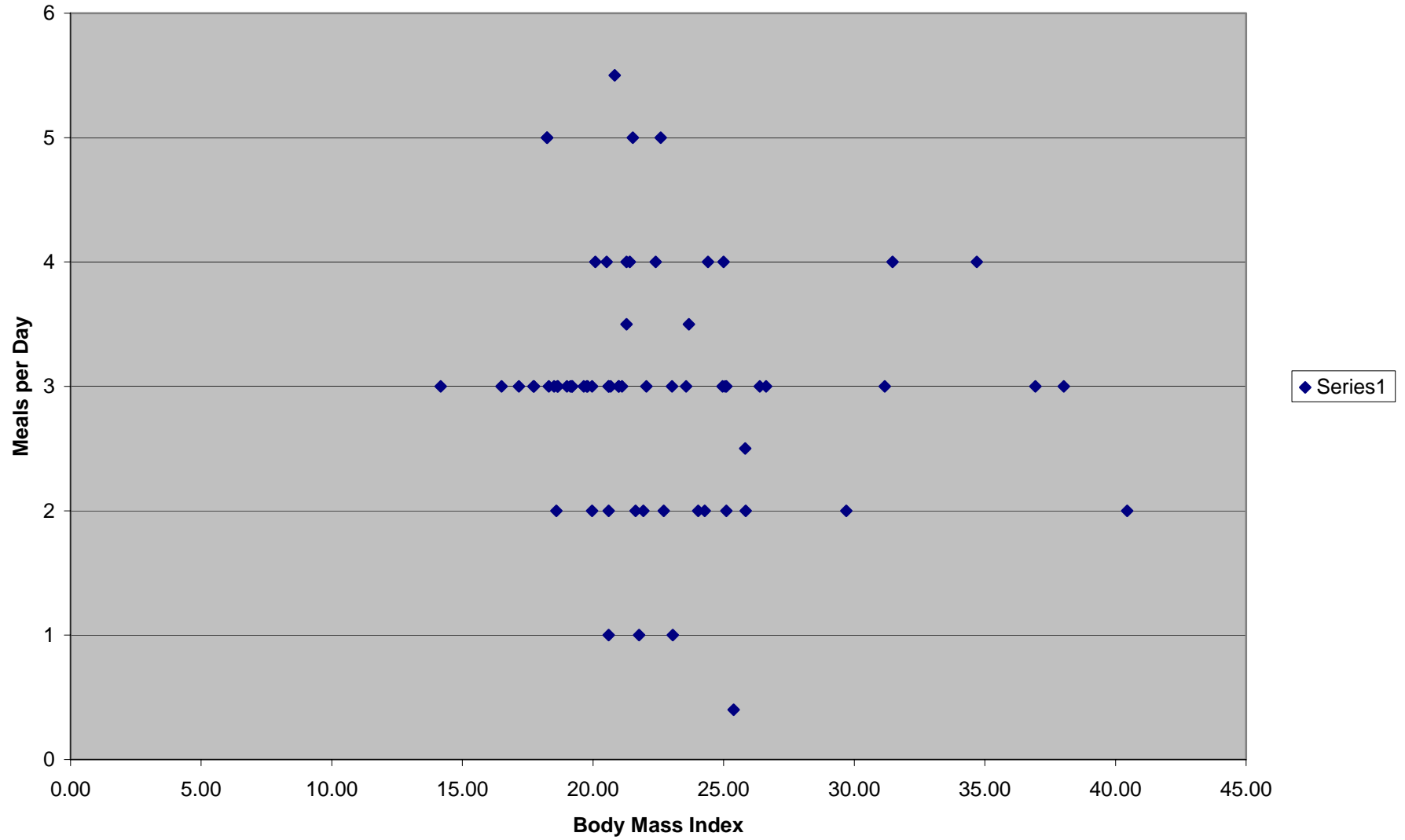


Body Mass Index Vs Soda Consumption

Number	Age	Gender M/F	Weight	Height in inches	BMI	How many sodas do you drink a day? 0-10+ a day
1	17	M	175	69	25.84	1
2	17	F	140	69	20.67	1
3	18	m	200	73	26.38	1
4	18	F	105	63	18.60	2
5	17	M	265	70	38.02	4
6	16	M	290	71	40.44	1
7	16	M	170	72	23.05	0
8	17	M	219	72	29.70	1
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12	18	M	140	70	20.09	0
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27	17	M	140	68	21.28	1
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29	13	m	80	63	14.17	0
30	12	f	105	62	19.20	1
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34	15	m	130	60	25.39	3
35	15	m	145	68	22.04	2
36	15	m	205	68	31.17	2
37	16	m	170	78	19.64	2

38	16 f	119	67	18.64	0
39	16 f	120	64	20.60	1
40	16 f	130	65	21.63	1
41	15 f	130	69	19.20	1
42	15 f	145	69	21.41	1
43	15 f	120	64	20.60	0
44	16 f	120	69	17.72	1
45	15 m	135	68	20.52	0
46	16 f	130	70	18.65	1
47	16 m	150	73	19.79	0
48	16 m	165	70	23.67	0
49	17 f	150	65	24.96	0
50	17 m	143	67	22.39	1
51	17 m	135	72	18.31	1
52	16 f	130	68	19.76	0
53	17 m	175	71	24.40	6
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56	15 m	195	66	31.47	0
57	15 F	130	66	20.98	1
58	14 f	125	68	19.00	0
59	14 f	120	68	18.24	1
60	15 f	123	64	21.11	1
61	15 F	160	67	25.06	0
62	15 f	120	64	20.60	0
63	15 f	140	68	21.28	1
64	14 m	120	65	19.97	
65	15 m	115	70	16.50	3
66	14 f	100	64	17.16	0
67	15 f	98	61	18.51	0

Body Mass Index vs Meal Habits

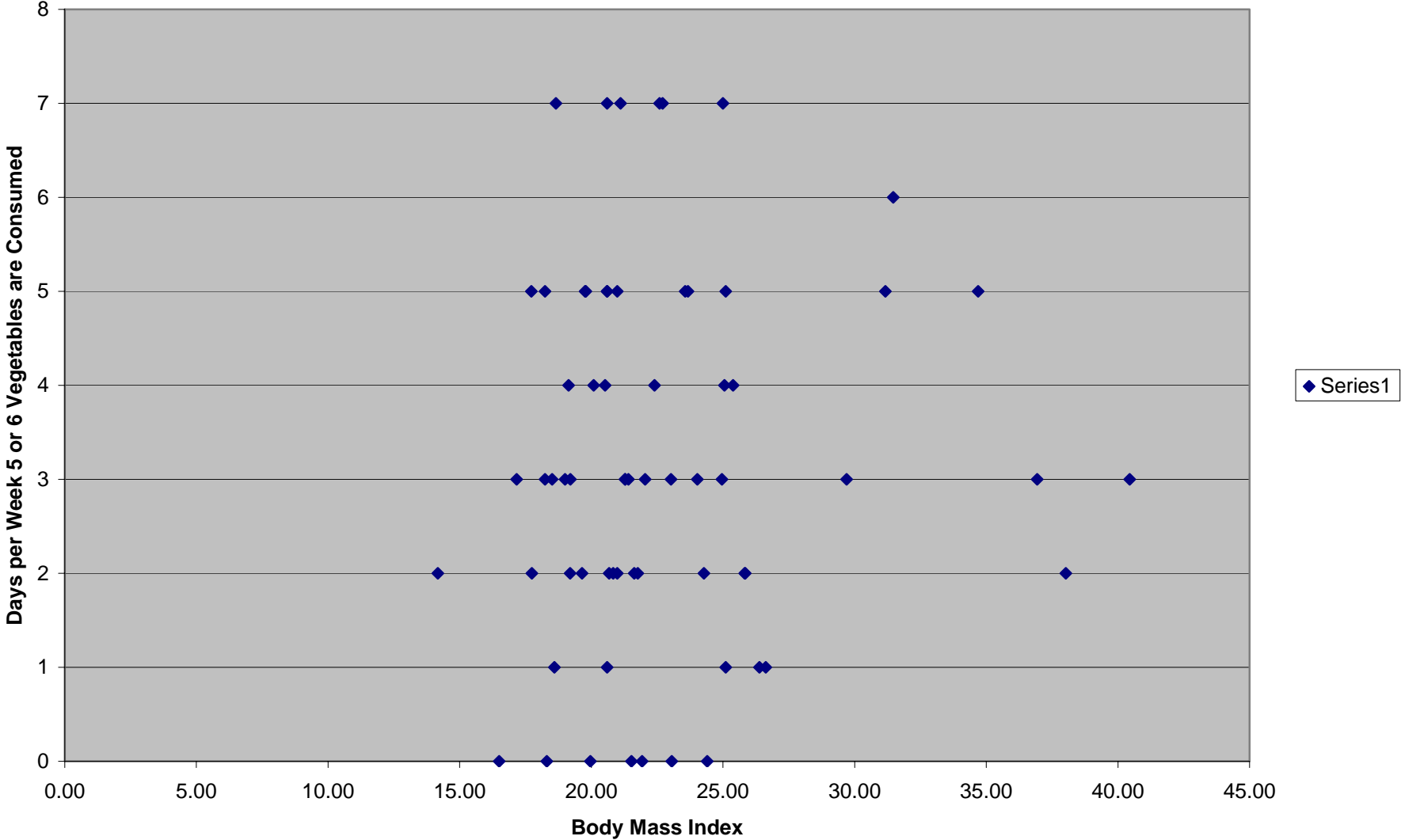


Body Mass Index Vs Meal Habits

Number	Age	Gender M/F	Weight	Height in inches	BMI	How many meals do you eat per day? 0- 10+ per day
1	17	M	175	69	25.84	2
2	17	F	140	69	20.67	3
3	18	m	200	73	26.38	3
4	18	F	105	63	18.60	2
5	17	M	265	70	38.02	3
6	16	M	290	71	40.44	2
7	16	M	170	72	23.05	1
8	17	M	219	72	29.70	2
9	18	m	180	71	25.10	3
10	18	F	130	66	20.98	3
11	18	F	103	63	18.24	5
12	18	M	140	70	20.09	4
13	18	F	155	67	24.27	2
14	18	M	263	73	34.69	4
15	17	F	140	64	24.03	2
16	18	F	120	65	19.97	2
17	18	F	140	67	21.92	2
18	17	M	150	70	21.52	5
19	18	F	165	73	21.77	1
20	18	F	170	67	26.62	3
21	17	F	120	64	20.60	1
22	17	M	162	71	22.59	5
23	18	M	280	73	36.94	3
24	14	M	155	68	23.57	3
25	14	F	97	62	17.74	3
26	14	M	180	71	25.10	2
27	17	M	140	68	21.28	4
28	18	m	200	75	25.00	4
29	13	m	80	63	14.17	3
30	12	f	105	62	19.20	3
31	13	m	115	65	19.13	3
32	14.5	m	160	66	25.82	2.5
33	14	m	130	63	23.03	3.00
34	15	m	130	60	25.39	0.4
35	15	m	145	68	22.04	3
36	15	m	205	68	31.17	3
37	16	m	170	78	19.64	3

38	16 f	119	67	18.64	3
39	16 f	120	64	20.60	2
40	16 f	130	65	21.63	2
41	15 f	130	69	19.20	3
42	15 f	145	69	21.41	4
43	15 f	120	64	20.60	3
44	16 f	120	69	17.72	3
45	15 m	135	68	20.52	4
46	16 f	130	70	18.65	3
47	16 m	150	73	19.79	3.00
48	16 m	165	70	23.67	3.5
49	17 f	150	65	24.96	3
50	17 m	143	67	22.39	4
51	17 m	135	72	18.31	3
52	16 f	130	68	19.76	3
53	17 m	175	71	24.40	4
54	17 f	145	67	22.71	2
55	15 M	135	67.5	20.83	5.5
56	15 m	195	66	31.47	4
57	15 F	130	66	20.98	3
58	14 f	125	68	19.00	3
59	14 f	120	68	18.24	5
60	15 f	123	64	21.11	3
61	15 F	160	67	25.06	3
62	15 f	120	64	20.60	3
63	15 f	140	68	21.28	3.5
64	14 m	120	65	19.97	3
65	15 m	115	70	16.50	3
66	14 f	100	64	17.16	3
67	15 f	98	61	18.51	3

Body Mass Index vs Vegetable Servings

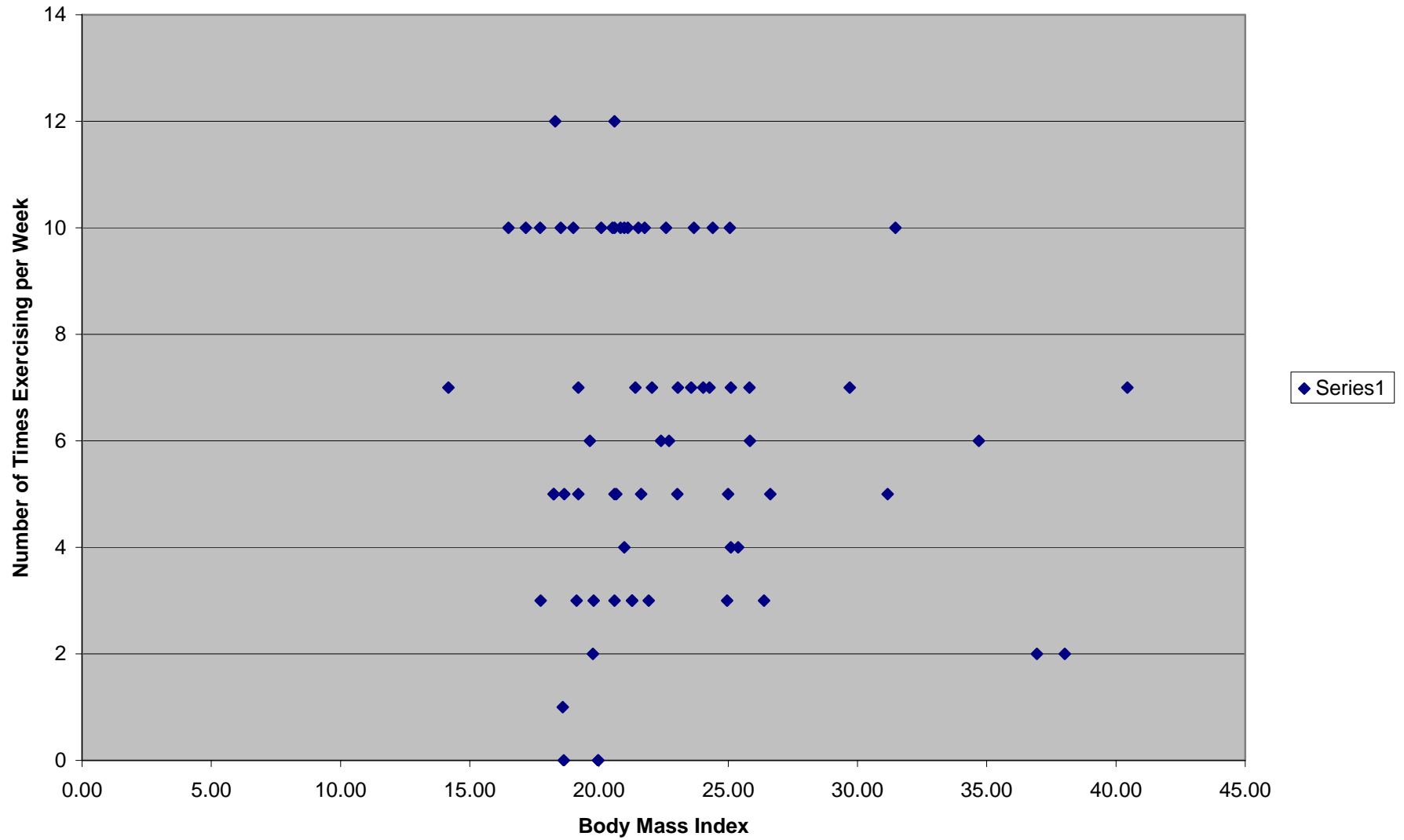


Body Mass Index Vs Vegetable Servings

Number	Age	Gender M/F	Weight	Height in inches	BMI	How many days a week do you eat 5 servings of fruits and vegetable? 0-7 Days
1	17	M	175	69	25.84	2
2	17	F	140	69	20.67	2
3	18	m	200	73	26.38	1
4	18	F	105	63	18.60	1
5	17	M	265	70	38.02	2
6	16	M	290	71	40.44	3
7	16	M	170	72	23.05	0
8	17	M	219	72	29.70	3
9	18	m	180	71	25.10	1
10	18	F	130	66	20.98	2
11	18	F	103	63	18.24	3
12	18	M	140	70	20.09	4
13	18	F	155	67	24.27	2
14	18	M	263	73	34.69	5
15	17	F	140	64	24.03	3
16	18	F	120	65	19.97	0
17	18	F	140	67	21.92	0
18	17	M	150	70	21.52	0
19	18	F	165	73	21.77	2
20	18	F	170	67	26.62	1
21	17	F	120	64	20.60	1
22	17	M	162	71	22.59	7
23	18	M	280	73	36.94	3
24	14	M	155	68	23.57	5
25	14	F	97	62	17.74	2
26	14	M	180	71	25.10	5
27	17	M	140	68	21.28	3
28	18	m	200	75	25.00	7
29	13	m	80	63	14.17	2
30	12	f	105	62	19.20	3
31	13	m	115	65	19.13	4
32	14.5	m	160	66	25.82	2
33	14	m	130	63	23.03	3
34	15	m	130	60	25.39	4
35	15	m	145	68	22.04	3
36	15	m	205	68	31.17	5

37	16	m	170	78	19.64	2
38	16	f	119	67	18.64	
39	16	f	120	64	20.60	5
40	16	f	130	65	21.63	2
41	15	f	130	69	19.20	2
42	15	f	145	69	21.41	3
43	15	f	120	64	20.60	7
44	16	f	120	69	17.72	5
45	15	m	135	68	20.52	4
46	16	f	130	70	18.65	7
47	16	m	150	73	19.79	5
48	16	m	165	70	23.67	5
49	17	f	150	65	24.96	3
50	17	m	143	67	22.39	4
51	17	m	135	72	18.31	0
52	16	f	130	68	19.76	5
53	17	m	175	71	24.40	0
54	17	f	145	67	22.71	7
55	15	M	135	67.5	20.83	2
56	15	m	195	66	31.47	6
57	15	F	130	66	20.98	5
58	14	f	125	68	19.00	3
59	14	f	120	68	18.24	5
60	15	f	123	64	21.11	7
61	15	F	160	67	25.06	4
62	15	f	120	64	20.60	5
63	15	f	140	68	21.28	3
64	14	m	120	65	19.97	
65	15	m	115	70	16.50	0
66	14	f	100	64	17.16	3
67	15	f	98	61	18.51	3

Body Mass Index vs Exercise



Body Mass Index Vs Exercise

Number	Age	Gender M/F	Weight	Height in inches	BMI	How many times a week do you exercise? 0-10+ Times a Week
1	17	M	175	69	25.84	6
2	17	F	140	69	20.67	5
3	18	m	200	73	26.38	3
4	18	F	105	63	18.60	1
5	17	M	265	70	38.02	2
6	16	M	290	71	40.44	7
7	16	M	170	72	23.05	7
8	17	M	219	72	29.70	7
9	18	m	180	71	25.10	4
10	18	F	130	66	20.98	4
11	18	F	103	63	18.24	5
12	18	M	140	70	20.09	10
13	18	F	155	67	24.27	7
14	18	M	263	73	34.69	6
15	17	F	140	64	24.03	7
16	18	F	120	65	19.97	0
17	18	F	140	67	21.92	3
18	17	M	150	70	21.52	10
19	18	F	165	73	21.77	10
20	18	F	170	67	26.62	5
21	17	F	120	64	20.60	3
22	17	M	162	71	22.59	10
23	18	M	280	73	36.94	2
24	14	M	155	68	23.57	7
25	14	F	97	62	17.74	3
26	14	M	180	71	25.10	7
27	17	M	140	68	21.28	3
28	18	m	200	75	25.00	5
29	13	m	80	63	14.17	7
30	12	f	105	62	19.20	7
31	13	m	115	65	19.13	3
32	14.5	m	160	66	25.82	7
33	14	m	130	63	23.03	5
34	15	m	130	60	25.39	4
35	15	m	145	68	22.04	7
36	15	m	205	68	31.17	5

37	16	m	170	78	19.64	6
38	16	f	119	67	18.64	0
39	16	f	120	64	20.60	12
40	16	f	130	65	21.63	5
41	15	f	130	69	19.20	5
42	15	f	145	69	21.41	7
43	15	f	120	64	20.60	10
44	16	f	120	69	17.72	10
45	15	m	135	68	20.52	10
46	16	f	130	70	18.65	5
47	16	m	150	73	19.79	3
48	16	m	165	70	23.67	10
49	17	f	150	65	24.96	3
50	17	m	143	67	22.39	6
51	17	m	135	72	18.31	12
52	16	f	130	68	19.76	2
53	17	m	175	71	24.40	10
54	17	f	145	67	22.71	6
55	15	M	135	67.5	20.83	10
56	15	m	195	66	31.47	10
57	15	F	130	66	20.98	10
58	14	f	125	68	19.00	10
59	14	f	120	68	18.24	5
60	15	f	123	64	21.11	10
61	15	F	160	67	25.06	10
62	15	f	120	64	20.60	5
63	15	f	140	68	21.28	3
64	14	m	120	65	19.97	0
65	15	m	115	70	16.50	10
66	14	f	100	64	17.16	10
67	15	f	98	61	18.51	10

Appendix C

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