Task 5: Anthropometric measurements (Nutritional Epidemiology)

***Guganesan, Height:169cm, Weight:75kg, Waist:31cm, Hip:34cm***

**Task Description:**

1) self-report your height and weight

2) measure your weight

3) measure your waist and hip circumference (read up the proper method of measurement)

4) categorize the above measurements into categories of normal weight / overweight/ obese (BMI) or normal / abnormal (waist circumference, waist hip ratio, waist height ratio, etc)

5) comment on the results in (4) using different methods **(Self-reported vs measured-Height, Weight, BMI, waist circumference, waist hip ratio, waist height ratio)**

6) comment on the **strengths, limitations and errors of the above methods**

Requirements:

1.Plagiarism similarity index-less than 15 %

2.Deadline -21st May 2021,3pm

3.Approx words-500 words