



## PROJECT SUMMARY FORM

<b>Project Title</b>	The role of ethnicity in defining obesity: a methodological review of literature.
<b>Supervisor name</b>	Dr Ekavi Georgousopoulou
<b>CHS/ACTHD position</b>	Assistant Director Centre for Health and Medical Research (Research Analytics)
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**Lead discipline (please select one)**

- |  |  |
|--|--|
| <input type="checkbox"/> Nursing and Midwifery<br><input type="checkbox"/> Allied Health<br><input type="checkbox"/> Medicine<br><input type="checkbox"/> Pre-clinical<br><input type="checkbox"/> Other | <input type="checkbox"/> Health Economics<br><input checked="" type="checkbox"/> Biostatistics<br><input checked="" type="checkbox"/> Epidemiology<br><input type="checkbox"/> Health Policy |
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**Does this project involve research led by, or relating to Aboriginal or Torres Strait Islanders?**

- |                              |  |
|------------------------------|--|
| <input type="checkbox"/> Yes | <input checked="" type="checkbox"/> No |
|------------------------------|--|

**Outline of the project (250 words max)****Project Outline:**

At a population level, obesity status is assessed by using the Body Mass Index cut-offs, that were suggested in literature decades ago. These cut-offs were derived by research that was performed in Caucasian populations and since, have been discussed for their appropriateness for use in non-Caucasian populations, with scarce research studies suggesting that BMI cut-offs derived from Caucasian populations are not equally accurate when assessing other ethnic groups. Currently, there is lack of a cohesive information and guidelines on how to approach BMI cut-offs to define obesity in populations with multi-ethnic backgrounds.

This methodological review aims to inform research practice and relevant Policy makers, by synthesising and critically discussing literature or reports that have used different BMI cut-offs for non-Caucasian populations, as well as policy documents or national guidelines that have used different BMI cut-offs.

**Indicative Literature:**

Weir CB, Jan A. BMI Classification Percentile And Cut Off Points. 2023 Jun 26. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2023 Jan-. PMID: 31082114.

Di Renzo L, Itani L, Gualtieri P, Pellegrini M, El Ghoch M, De Lorenzo A. New BMI Cut-Off Points for Obesity in Middle-Aged and Older Adults in Clinical Nutrition Settings in Italy: A

Cross-Sectional Study. *Nutrients*. 2022 Nov 16;14(22):4848. doi: 10.3390/nu14224848. PMID: 36432532; PMCID: PMC9699571.

Sinaga M, Yemane T, Tegene E, Lidstrom D, Belachew T. Performance of newly developed body mass index cut-off for diagnosing obesity among Ethiopian adults. *J Physiol Anthropol*. 2019 Oct 26;38(1):14. doi: 10.1186/s40101-019-0205-2. PMID: 31655610; PMCID: PMC6815360.

Cunningham M, France EF, Ring N, et al. Developing a reporting guideline to improve meta-ethnography in health research: the eMERGe mixed-methods study. Southampton (UK): NIHR Journals Library; 2019 Feb. (Health Services and Delivery Research, No. 7.4.) Chapter 3, Stage 1: methodological review. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK537432/>

### Proposed research methods

A methodological review of literature, as this is an emerging area of research where a systematic review would not be possible.

### Preferred study discipline being undertaken by the student

Epidemiology, Public Health, Biostatistics

### Benefits to the student and to the department

By being involved in this project, the student will enhance their understanding of research methods in Public Health and Epidemiology and will be able to provide a discussion point for Obesity Policy in populations with diverse ethnic backgrounds.

The Centre for Health and Medical Research will be building experience in supervising student projects and will be able to present this work in relevant fora to discuss this important Public Health topic.

### How does this project align with any or all of the three strategic objectives of *Better Together: A strategic plan for research in the ACT health system* (100w max)

[Better together - A strategic plan for research in the ACT health system 2022–2030](#)

The projects aligns with Objective 1 *The ACT health system becomes a learning health system* as the aim of the project is to highlight a current important issue in disease prevention of the ACT population using the prism of translational research into practice and policy.

### ACTHD/CHS Department where the student will be based

Centre for Health and Medical Research

### Will the student be in a patient facing role at any time during the project?

No

**Will the student require access to CHS and/or ACTHD network / DHR / applications / database? If yes, please identify**

Not necessary.

**Will the student require CHS / ACT Health building access? If yes, please identify**

Not necessary.

**Supervisor availability across key dates**

Friday 10 Nov – Preplacement presentation session, Canberra Hospital Auditorium <i>Approximate duration 9am-12pm – supervisors are not required for full session. Possible Webex option.</i>	<u>Yes</u> / No
Placement period 10 Nov – 9 Feb Please indicate availability across this time. <i>E.g. leave over Christmas/New Year</i>	Leave during this time will be between Christmas and New Year.
At least two face-to-face sessions with the student each week during their 6-week placement.	<u>Yes</u> / No (possibly online for the first two weeks)
Friday 9 Feb – Final presentation session, Canberra Hospital Auditorium <i>Approximate duration 9am-1pm – supervisors are not required for full session. Possible Webex option.</i>	<u>Yes</u> / No

√ I have read and I agree to the [ACT Health privacy policy](#) which includes statements on how the ACT Health Directorate acts lawfully to collect and use data to report on activities and to plan for future events and initiatives; including that we may use your details to contact you if required for program delivery and/or evaluation and to inform you of future similar opportunities.

Please submit form to [health.research@act.gov.au](mailto:health.research@act.gov.au)