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*RELATIONSHIPS BETWEEN FAT AND
APPEARANCE RATINGS OF U.S. SOLDIERS*

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P. I. Fitzgerald

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NAVAL HEALTH RESEARCH CENTER
P.O. BOX 85122
SAN DIEGO, CALIFORNIA 92186-5122

NAVAL MEDICAL RESEARCH AND DEVELOPMENT COMMAND
BETHESDA, MARYLAND



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**RELATIONSHIPS BETWEEN FAT
AND APPEARANCE RATINGS
OF U.S. SOLDIERS**

James A. Hodgdon

Operational Performance Department
NAVAL HEALTH RESEARCH CENTER
SAN DIEGO, CA

Patricia I. Fitzgerald
James A. Vogel

Exercise Physiology Division
US ARMY RESEARCH INSTITUTE OF ENVIRONMENTAL MEDICINE
NATICK, MA

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SUMMARY

All military Services stress the maintenance of appropriate physical appearance. These appearance requirements, in part, drive the Services standards for maximum weight-height and/or body composition. There is, however, no research to demonstrate associations between military appearance and body composition.

There is previous work to suggest that visual estimation of fatness may be a reliable, valid technique for the determination of body fat content. However, it is unclear how well these previous results will generalize across genders, races, or age groups.

This report considers two issues: 1) How strongly are ratings of "military appearance" and fatness associated?; and 2) can reliable, valid assessments of fatness be made visually in a military population which includes both genders and contains members of varying race and age?

The general approach taken was to determine the relative fatness of individuals in a sample of 1326 U.S. Army active duty personnel (1034 enlisted, 216 officer, and 76 warrant officers; 1075 male and 251 female) by hydrodensitometry. Photographs of the same subjects were taken both in uniform and in swimsuits. These photographs were then rated by group of 11 experienced troop leaders (5 female, 6 male; 6 officer, 5 enlisted) as to their "military appearance" in both uniform and in swimsuit, using a 5-point scale, and their "fatness" in swimsuit, using the 7-point scale developed by Blanchard and coworkers (1979).

Inter-rater reliabilities of the scales were 0.86, 0.90, and 0.92 for appearance in uniform, appearance in swimsuit, and fatness rating in swimsuit, respectively. Reliability of the ratings did not differ significantly as a function of the gender rated.

Correlations between ratings and percent fat from hydrodensitometry in this sample are: 0.53, 0.69, and 0.78 for appearance in uniform, appearance in swimsuit, and fatness for males, respectively. Comparable correlations are 0.46, 0.60 and 0.72 for females. Appearance in uniform is only modestly correlated to fatness determined from underwater weighing. Comparing the ratings in swimsuit, rating "fatness" using a 7-point scale provides a stronger relationship between the rating and percent fat than the 5-point rating of "appearance."

Analysis of variance was used to determine gender, age and race effects on ratings. Percent body fat was used as a covariate because there were significant gender, age, and race variations in percent fat. The analysis of variance revealed significant gender and race differences and a significant age by gender interaction in uniform appearance ratings. The gender effect was that for a given percent body fat value, a woman received a higher rating of military appearance. For a given percent fat, a black soldier received a higher rating of military appearance. The interaction appears to reflect an increased sensitivity (a smaller increment in fat increase leads to a greater decrease in appearance rating) in rating older females than younger females or males of either age

group. Similar gender and gender by age effects were found for the rating of appearance in swimsuit. A gender effect only was found for the rating of fatness.

Comparison of the validities for prediction of body fat from the fatness ratings are only slightly less than the mean correlations between predicted and measured percent fat (0.83 for males; 0.75 for females) from equations using anthropometric variables (skinfolts and circumferences).

It was concluded that; 1) ratings of appearance involve more than a consideration of the fatness of the individual. Therefore, it is not feasible to establish a single visual rating procedure which can be used to rate both military appearance and fatness; and 2) visual ratings of fatness appear to be valid, reliable indicators of percent body fat. The validity of the procedure is only slightly less than that for prediction using anthropometric equations

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INTRODUCTION

All military Services stress the maintenance of appropriate physical appearance. These appearance requirements, in conjunction with health maintenance and job performance criteria, drive the Services' standards for maximum weight-height and/or body composition.

Although physical appearance is a strong determinant of the Services' weight/fat standards, there has been virtually no research done to demonstrate the nature of the relationship between "military" appearance, (assessed in a standardized fashion) and actual measures of body composition or height and weight. This report describes such a study.

Previous work has suggested that visual estimation of fatness may be a reliable, valid technique for the determination of body fat content. In 1951, Dupertuis and coworkers found a correlation of -0.85 between ratings of endomorphy using Sheldon's (1940) visual somatotyping scheme and body specific gravity. This work was extended by Brozek and Keys (1952) to show that the association held for subjects who were measured prior to and following a period of semi-starvation (mean $r = .67$).

In 1976, Ward, Sutherland and Blanchard published a report dealing with the evaluation of body composition of human subjects by means of visual appraisal. These workers developed a system of evaluating three categories: Frame, Muscle Development, and Fatness by comparing individuals or photographs of individuals with a set of reference photographs. Frame was scored on a 3-point scale where 1 indicated "rugged"; 2, "medium"; and 3, "slight." Muscle development was evaluated using a 7-point scale with categories ranging from 1, "Extraordinary" to 7, "Under-developed." Fatness was also evaluated using a 7-point scale with categories ranging from 1, "No obvious fat" to 7, "Obese." The reference photographs were of young men representing each of the scale values (frame=1,2,...; muscle=1,2,...; etc.). These authors report repeatabilities of 0.55 for muscle development to 0.85 for fat from experienced judges, suggesting that fatness at least can be reliably determined from visual information. Correlations of 0.56, 0.42, and 0.69 were reported between visual ratings of fatness and % body fat from Potassium-40 (K40) counts, water volume displacement, and deuterium oxide (D2O) dilution, respectively. In 1979, this group (Blanchard et al, 1979) expanded portions of the 1976 work. They focused only on the rating of fatness, and provided verbal descriptions to the raters for each of the seven levels of fatness rating. In this work, correlation coefficients of 0.56 and 0.69 were calculated between visual ratings of fatness and fat mass from K40 counts, and D2O dilution, respectively, replicating their earlier findings.

Sterner (1984) also investigated visual estimation of fatness. In his Master's work, two raters viewed photographs of male subjects, compared them with a set of five reference photographs of males whose body fat content had previously been determined. The raters were asked to estimate the subjects' percent body fat to the nearest unit. Correlations between percent fat determined from hydrodensitometry and that from visual estimation were 0.80 and 0.79 for each of the two raters, respectively. Test-retest correlations were 0.93 and 0.95 for each of the raters, respectively. This

prior work was found to be quite promising in terms of the efficacy of visual estimates of fatness. However, the extent to which the findings generalize across genders (only male subjects were used in the studies reported above), across races, and across age groups remains to be determined.

With the above background, this paper will consider two issues: 1) how strongly are ratings of "military appearance" and fatness associated?; and 2) can reliable and valid assessments of fatness be made visually in a military population which includes both genders and contains members of various ages and races?

METHODS

Procedures

The general approach taken was to determine the relative fatness of individuals in a sample of U.S. Army personnel by hydrodensitometry. Photographs of the same subjects were taken both in uniform and in swimsuits. These photographs were then rated by a group of experienced troop leaders as to their "military appearance" and their "fatness." Associations between these ratings and percent body fat were then assessed for these individuals.

Subjects

The data required for this study were collected as part of a larger effort to re-evaluate body fatness standards and methodology for the Army's weight control program (Fitzgerald et al, 1986). Subjects for this study were 1326 U.S. Army active duty personnel. Of the subjects, 1034 were enlisted, 216 were officers, and 76 were warrant officers. The gender distribution was 1075 male and 251 female. The sample was not stratified to represent age, race, or officer/enlisted breakdowns within the Army.

Data were collected during three, 3-week iterations at two locations: Fort Hood, Texas and Carlisle Barracks, Pennsylvania. Fort Hood offered the opportunity to select from a wide variety of military personnel since it is the largest Army post in the United States. Carlisle Barracks, the home of the Army War College, was included to provide the upper age categories which were not readily available at Fort Hood.

Each testing day data were collected on 50-55 soldiers. Soldiers reported for testing either from 0730-1230 or 1300-1800 hours without any prior instructions regarding food or fluid intake. They reported in their Class A uniform, with blouse. As required by Army Regulation 70-25, subjects were briefed as to the nature of the study, requirements of their participation, and that their participation was voluntary. Approximately 3% of those soldiers briefed declined to volunteer. Those agreeing to participate signed a statement of informed consent and were photographed in their Class A uniform and bathing suit, and had their body composition determined by underwater weighing.

Body Composition

Body composition was determined from hydrodensitometry. Soldiers were initially weighed in air on an electronic platform balance wearing a swimsuit. They then had their residual lung volume determined, and were then weighed underwater. Residual lung volume was determined by a simplified oxygen rebreathing technique (Wilmore, et al; 1980) just prior to the actual underwater weighing process. Determinations were made with the subject sitting outside the underwater weighing tank in a position similar to that utilized during the underwater weighing. Two determinations were made. If there was greater than 150 ml. difference between them, a third measure was taken, and the two closest values were averaged.

Underwater weighing was conducted in a 4 x 4 x 5 foot aluminum tank. Subjects were weighed in nylon swimsuits on an aluminum chair which was coupled to a load cell (Ametek) sensitive to 10 g. and suspended from a stainless steel trapeze. Output from the load cell was fed through an analog-to-digital converter to a desk top computer (Hewlett-Packard 85). Load-cell force values were stored for subsequent determinations of a stable underwater weight and body composition parameters.

The method for determining body density was similar to the one described by Goldman and Buskirk (1961). The soldier was weighed with an 8-kg. weight belt, and a noseclip, and exhaled through a snorkel while underwater. A series of 7-10 trials were taken. Body density was calculated using the formula of Buskirk (1961). Body density (g/cc) was converted to percent body fat using the formula of Siri (1961). A more detailed description of the underwater weighing system and procedure has been presented in a separate technical report (Fitzgerald et al, 1987).

Photographic Assessment

Black and white, 2.25 x 2.25 inch photographs were taken of each subject, using a Mamiya 625 J camera with an 80mm, f2.8 lens. The camera and lens were supported by a tripod (Slik U212) which had an internal leveling apparatus. The arrangement of the photographic equipment is depicted in Figure 1. The camera was positioned 391 cm perpendicularly in front of the subject, at a height of 114 cm from the floor to the top of the camera body. Lighting was supplied using 4 quartz lights (Smith-victor K62) which were positioned in pairs at 165 cm and 330 cm from the subject. Black and white Kodak 220 roll film (Tri-X) was used with a 1/60 second shutter speed and f8 aperture.

Both the uniform and the bathing suit photographs were taken with the soldier wearing a mask to conceal his or her identity. Front, side and back views were photographed. Uniform photographs were taken with the soldier in the Class A uniform in the position of attention in front a measured grid. Bathing suit pictures were taken with the soldier positioned using a standard anthropometric pose (Dupertuis, 1950). Males were clad in a black, nylon swimsuit and females wore a one piece, dark colored nylon swimsuit. Photographs were taken following the

suggestions of Tanner (1949) and Carter (1983). Figures 2 and 3 are examples of the photographs that resulted from the above process.

Rating of Military Appearance and Fatness

A panel of Army personnel was formed to rate the appearance and fatness of the soldiers. The panel contained 11 members (5 female, 6 male); 6 officers, 5 enlisted, and included both black and white raters. The group consisted of representatives from the U.S. Army Military Personnel Center, Headquarters Training and Doctrine Command, Office of the Chief of the Army Reserve, National Guard Bureau, Soldier Support Center, and Headquarters Forces Command. Each rater had extensive troop leadership or command experience.

Appearance was rated both in Class A uniform and in swimsuit. Raters were instructed to use a 5-point scale for the rating of appearance, where a value of 1 was labeled "poor"; a value of 2, "fair"; a value of 3, "excellent," a value of 4 "very good"; and a value of 5, labeled "excellent." For the ratings of appearance in uniform and in swimsuit, the raters were instructed to rate the "military appearance" of the soldier according to their own personal standards. For the ratings of appearance in uniform, the raters were given the additional instruction to evaluate how the individual looked in uniform, not how the uniform looked.

Fatness was rated for the swimsuit photographs only using the 7-point scale described by Blanchard and coworkers (1979) with descriptive anchors provided for each of the seven rating values. A value of "1" was given the rating "very thin," and a value of "7," the rating "obese." This scale with its label descriptors is provided as Appendix (A). Raters were provided with a copy of the rating scale, including descriptors, before the rating sessions, and told to use this scale in rating the photographs.

To present the photographs, three projectors were set up and the three photographic views were shown simultaneously. The projectors were positioned to allow for almost "life-size" projections which were viewed for approximately 20 seconds. Slides of soldiers in the Class A uniform were rated during the first half of the week, followed by rating of the soldiers in swimsuits. At the presentation of the swimsuit slides, ratings of both appearance and fatness were obtained.

The entire rating process was completed during 5 consecutive working days. Raters reported to an assigned room and spent 8 hours rating photographs with a 1-hour break for lunch and other, arbitrarily spaced, short breaks during the day.

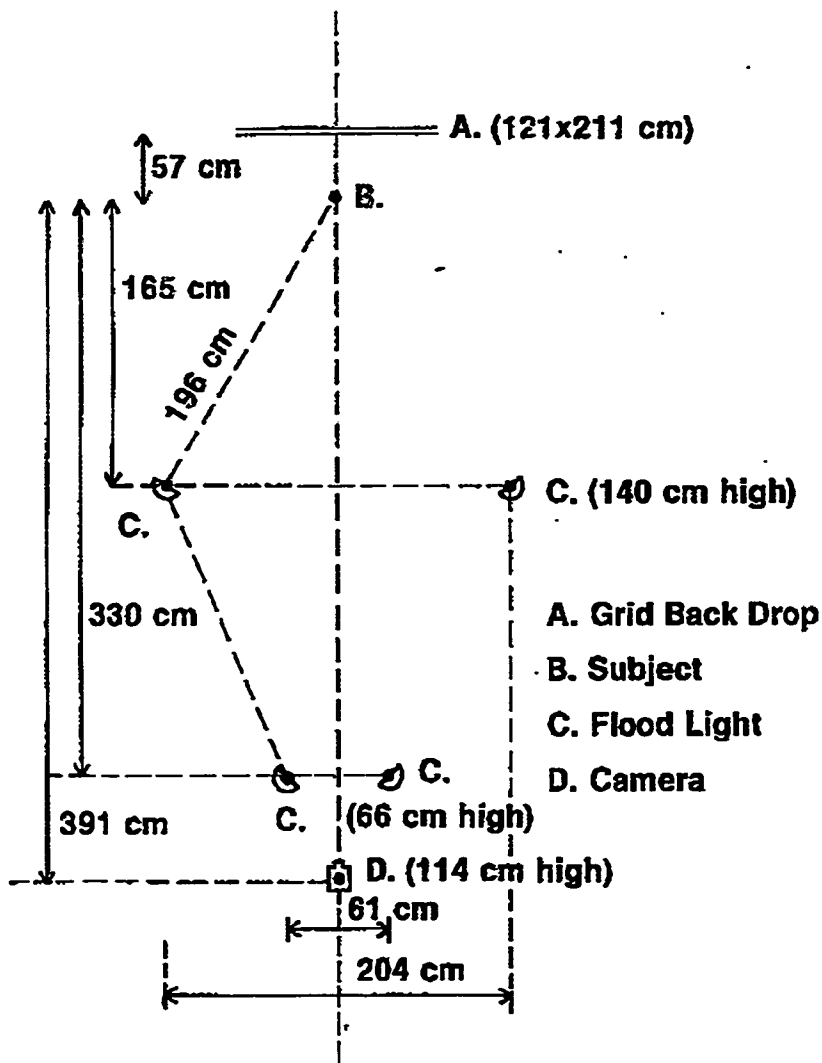


FIGURE 1. LAYOUT OF PHOTOGRAPHIC EQUIPMENT.



FRONT



SIDE



BACK



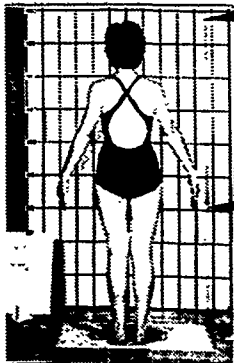
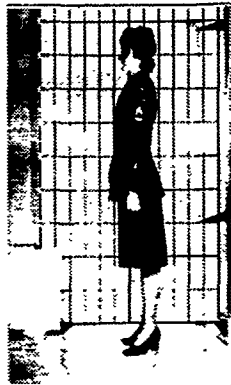
**FIGURE 2. EXAMPLE OF PHOTOGRAPHS TAKEN FOR THE
UNIFORM AND SWIMSUIT APPEARANCE AND FATNESS
ASSESSMENTS IN MALE SOLDIERS.**



FRONT



SIDE



BACK



**FIGURE 3. EXAMPLE PHOTOGRAPHS TAKEN FOR THE
UNIFORM AND SWIMSUIT APPEARANCE AND FATNESS
ASSESSMENTS IN FEMALE SOLDIERS.**

Analysis

Inter-rater reliability of the appearance and fatness ratings was assessed using the RELIABILITY procedure in SPSS-X (SPSS, Inc.; 1988). Nine of the 11 raters rated a common subset of 1204 subjects in uniform (949 male, 255 female), and 993 soldiers in swimsuits (768 male, 225 female). Of the 993 soldiers rated in swimsuits, 957 (743 male, 214 female) had their fatness rated. Based upon the values from these nine raters, individual inter-rater reliabilities were assessed for each gender for appearance and fatness ratings. Each rater's ratings were treated as values for one of nine individual scale items, and the inter-rater reliability expressed as Cronbach's "alpha" (Carmines and Zeller, 1979).

Validity of the fatness and appearance ratings was assessed using the SPSS-X REGRESSION (SPSS, Inc.; 1988) procedure. Correlations between ratings and percent body fat determined from the hydrodensitometry were calculated and regression formulae were determined to predict percent body fat from the appearance and fatness.

Effects of gender, age and race on the ratings received were assessed by analysis of variance using the SPSS-X MANOVA procedure (SPSS, Inc.; 1988). For this analysis, subjects were classified according to gender (male; female), age (less than 26 years; 26 years or greater), and race (white; black - other racial groups were omitted from this analysis because they were not present in sufficient numbers). Significant differences in mean percent body fat were detected between gender and racial groups in this sample. Therefore, in the analysis of gender, age, and race effects, percent fat was used as a covariate.

RESULTS

Study Participants

Table 1 provides a listing of the characteristics of the male and female participants in this study. Comparison of mean values for the men and women (*t*-test; SPSS, Inc.; 1988) showed that, on the average, the men had significantly greater ($p < 0.05$) height, weight, age, body density, and fat free mass than the women, and significantly lesser body fat content and fat mass. The men were also found to have slightly, but significantly ($t = 2.16$, $p = 0.03$) greater ratings in uniform. Men and women did not differ significantly in the average values of their appearance or fatness ratings in swimsuits.

Table 1. APPEARANCE STUDY - PARTICIPANT CHARACTERISTICS

	<u>MALES</u> (N = 1075)	<u>FEMALES</u> (N = 251)
Height (cm)	175.1 (± 6.9)	162.5 (± 6.2)
Weight (kg)	77.1 (± 11.2)	60.3 (± 8.1)
Age (yrs)	30.1 (± 8.9)	24.0 (± 5.7)
Body Density (kg/l)	1.052 (± 0.015)	1.036 (± 0.012)
Body Fat Content (% body wt)	20.6 (± 6.9)	28.0 (± 5.7)
Fat-free Mass (kg)	60.9 (± 7.3)	43.1 (± 4.8)
Fat Mass (kg)	16.3 (± 7.1)	17.1 (± 5.2)
Appearance Rating in Uniform	3.31 (± 0.62) ¹	3.21 (± 0.67) ⁴
Appearance Rating in Swimsuit	3.12 (± 0.68) ²	3.15 (± 0.77) ⁵
Fatness Rating in Swimsuit	3.58 (± 0.92) ³	3.58 (± 0.92) ⁶

¹ N = 988 ² N = 862 ³ N = 860 ⁴ N = 233 ⁵ N = 211 ⁶ N = 209

Reliability of the Measures

Table 2 provides the inter-rater reliabilities for the appearance ratings in uniform and swimsuit, and for the fatness rating in swimsuit for each gender rated. The reliabilities were found not to differ significantly across genders ($p=0.58$, 0.17, and 0.37 for uniform appearance, swimsuit appearance, and fatness rating, respectively - see Comparison of correlation coefficients, p. 179, Diem, 1962). The ratings are more reliable for evaluations in swimsuits than those in uniform; and the fatness ratings have greater inter-rater reliability than the appearance judgements.

Table 2. INTER-RATER RELIABILITY OF THE MEASURES

	<u>Males:</u>	<u>Females:</u>
Appearance in Uniform:	0.86	0.87
Appearance in Swimsuit:	0.89	0.91
Fatness:	0.92	0.93

Body Composition Relationships

Table 3 provides the matrix of correlations between predictor and criterion variables for each gender. For each gender, the correlations between the ratings and percent fat determined from hydrodensitometry are greater for swimsuit appearance than for appearance in uniform; and are greater for fatness ratings in swimsuit than for swimsuit appearance ratings. The correlations between fatness ratings and percent body fat approach the correlations obtained between anthropometric variables and percent body fat on a larger sample of Army subjects from which these data were obtained (Vogel et al, 1988).

Table 3. CORRELATION MATRIX - BODY FAT AND RATINGS

	% Fat from Densitometry	Uniform Appearance	Swimsuit Appearance
MALES:			
Uniform appear.	-.530		
Swimsuit appear.	-.686	.626	
Fatness rating	.785	-.633	-.802
FEMALES:			
Uniform appear.	-.464		
Swimsuit appear.	-.598	.746	
Fatness rating	.722	-.630	-.811

Table 4 provides regressions for each gender for the prediction of percent fat from hydrodensitometry from appearance ratings in uniform and swimsuit, and from the fatness rating. Comparison of the slopes and intercepts of the regressions (*t*-test, see Diem, 1962) between genders reveals that the slopes differ significantly for each of the three pairs of equations ($p < 0.001$). The intercepts do not differ significantly between genders for the appearance equations ($t = 0.28$, $df = 1217$; and $t = 0.47$, $df = 1069$ for the uniform, and swimsuit equations, respectively), but do for the fatness estimation ($t = 16.96$, $df = 1065$).

Table 4. REGRESSIONS TO PREDICT PERCENT FAT

Predictor	Regression Coefficient	Constant	Multiple R	R ²	Std. Error of Estimate
MALES:					
1. Appearance in Uniform	-5.96	40.34	0.50	.28	5.87
2. Appearance in Swimsuit	-7.04	42.55	0.69	0.47	5.04
3. Fatness	5.90	-0.51	0.78	0.62	4.30
FEMALES:					
1. Appearance in Uniform	-3.97	40.67	0.46	0.22	5.11
2. Appearance in Swimsuit	-4.49	42.10	0.60	0.36	4.63
3. Fatness	4.54	11.69	0.72	0.52	3.99

Effects of Gender, Age, and Race

The breakdown of mean percent body fat values by gender, age and race are provided in Table 5. Analysis of variance reveals significant gender ($F(1,1217)=407.12$, $p<0.001$), age ($F(1,1217)=63.94$, $p<0.001$), and race ($F(1,1217)=37.63$, $p<0.001$) differences in percent body fat. Because of these differences, analyses of variance to explore gender, age, and racial differences in ratings were assessed using percent fat as a covariate.

**Table 5. BREAKDOWN OF PERCENT BODY FAT
BY GENDER, AGE AND RACE***

MALES:

	WHITE	BLACK
LESS THAN 26 YEARS:	18.1 (± 5.8) (N = 206)	13.4 (± 5.4) (N = 83)
26 OR MORE YEARS:	24.1 (± 5.6) (N = 366)	18.2 (± 8.0) (N = 87)

FEMALES:

	WHITE	BLACK
LESS THAN 26 YEARS:	27.8 (± 5.9) (N = 86)	26.6 (± 4.7) (N = 50)
26 OR MORE YEARS:	29.8 (± 5.6) (N = 33)	28.3 (± 6.6) (N = 17)

* Values shown are means with std. dev. in parentheses.

Appearance in Uniform

Table 6 shows the breakdown of ratings of military appearance in uniform by age, gender, and race. Table 7 contains the results of the analysis of variance for the breakdown. As can be seen for Table 7, there were significant ($p < 0.05$) gender and race main effects, and a significant age by gender interaction. The nature of the main effect for gender is that for a given percent body fat value, a woman will receive a higher rating of military appearance. For a given percent body fat value, a black soldier will receive a higher rating of military appearance. The interaction appears to reflect an increased sensitivity (a smaller increment in fat increase leads to a greater decrease in appearance rating) in rating older females than younger females or males of either age group.

**Table 6. BREAKDOWN OF APPEARANCE IN UNIFORM
BY GENDER, AGE AND RACE***

MALES:

	WHITE	BLACK
LESS THAN 26 YEARS:	3.30 (± 0.53) (N = 206)	3.57 (± 0.52) (N = 83)
26 OR MORE YEARS:	3.23 (± 0.61) (N = 366)	3.38 (± 0.75) (N = 87)

FEMALES:

	WHITE	BLACK
LESS THAN 26 YEARS:	3.33 (± 0.69) (N = 86)	3.31 (± 0.48) (N = 50)
26 OR MORE YEARS:	3.15 (± 0.73) (N = 33)	3.02 (± 0.72) (N = 17)

* Values shown are means with std. dev. in parentheses.

**Table 7. ANALYSIS OF VARIANCE EFFECTS
OF RACE, GENDER, AND AGE ON UNIFORM APPEARANCE**

Source of Variation	SS	DF	MS	F	Sig of F
WITHIN CELLS	239.49	919	.26		
REGRESSION (% Body Fat)	102.27	1	102.27	392.43	.000
RACE	1.52	1	1.52	5.83	.016
GENDER	11.65	1	11.65	44.71	.000
AGE	.05	1	.05	.18	.672
RACE BY GENDER	.08	1	.08	.31	.577
RACE BY AGE	.61	1	.61	2.33	.127
GENDER BY AGE	2.48	1	2.48	9.52	.002
RACE BY GENDER BY AGE	.04	1	.04	.14	.713

Appearance in Swimsuit

Tables 8, and 9 show the breakdown, and analysis of variance, respectively, of the ratings of appearance in swimsuit. For this rating, a significant ($p < 0.05$) gender effect and a significant age by gender interaction were found. The gender effect and age by gender interaction are as described in the previous paragraph.

Table 8. BREAKDOWN OF APPEARANCE IN SWIMSUIT
BY GENDER, AGE AND RACE*

MALES:

	WHITE	BLACK
LESS THAN 26 YEARS:	3.24 (± 0.57) (N = 206)	3.65 (± 0.54) (N = 83)
26 OR MORE YEARS:	2.91 (± 0.63) (N = 366)	3.28 (± 0.75) (N = 87)

FEMALES:

	WHITE	BLACK
LESS THAN 26 YEARS:	3.16 (± 0.77) (N = 86)	3.35 (± 0.63) (N = 50)
26 OR MORE YEARS:	2.86 (± 0.74) (N = 33)	3.02 (± 0.88) (N = 17)

* Values shown are means with std. dev. in parentheses.

**Table 9. ANALYSIS OF VARIANCE EFFECTS
OF RACE, GENDER, AND AGE ON SWIMSUIT APPEARANCE**

Source of Variation	SS	DF	MS	F	Sig of F
WITHIN CELLS	229.13	919	.25		
REGRESSION (% Body Fat)	155.69	1	155.69	624.43	.000
RACE	.28	1	.28	1.13	.289
GENDER	20.80	1	20.80	83.44	.000
AGE	.73	1	.73	2.94	.087
RACE BY GENDER	.11	1	.11	.46	.497
RACE BY AGE	.19	1	.19	.78	.378
GENDER BY AGE	1.16	1	1.16	4.65	.031
RACE BY GENDER BY AGE	.03	1	.03	.11	.736

Fatness Rating

Tables 10, and 11 show the breakdown and analysis of variance of the ratings of fatness in swimsuits using the 7-point scale. As was the case for the appearance ratings, the analysis of variance indicated a significant gender effect. The nature of this effect is as it was in the previous analyses: An equal fatness rating will be associated with a greater percent body fat for a woman than for a man.

Table 10. BREAKDOWN OFFATNESS RATING
BY GENDER, AGE AND RACE*

MALES:

	WHITE	BLACK
LESS THAN 26 YEARS:	3.33 (± 0.82) (N = 206)	2.82 (± 0.81) (N = 83)
26 OR MORE YEARS:	3.93 (± 0.77) (N = 366)	3.37 (± 1.10) (N = 87)

FEMALES:

	WHITE	BLACK
LESS THAN 26 YEARS:	3.58 (± 0.93) (N = 86)	3.33 (± 0.84) (N = 50)
26 OR MORE YEARS:	3.89 (± 0.86) (N = 33)	3.65 (± 1.02) (N = 17)

* Values shown are means with std. dev. in parentheses.

Table 11. ANALYSIS OF VARIANCEEFFECTS
OF RACE, GENDER AND AGE ON FATNESS RATING

Source of Variation	SS	DF	MS	F	Sig of F
WITHIN CELLS	307.91	919	.34		
REGRESSION (% Body Fat)	354.41	1	354.41	1057.78	.000
RACE	.16	1	.16	.48	.487
GENDER	47.85	1	47.85	142.82	.000
AGE	.46	1	.46	1.37	.243
RACE BY GENDER	.41	1	.41	1.23	.267
RACE BY AGE	.08	1	.08	.23	.630
GENDER BY AGE	.36	1	.36	1.09	.298
RACE BY GENDER BY AGE	.01	1	.01	.02	.878

BODY FAT 10%

1.9



3.7



4.3

BODY FAT 15%

2.5



3.5



4.0

BODY FAT 25%

4.4



2.4



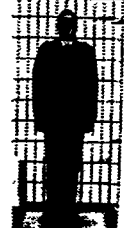
2.5

BODY FAT 35%

5.4



1.5



1.5

**BODY FATNESS
RATING**

**SWIMSUIT
APPEARANCE
RATING**

**UNIFORM
APPEARANCE
RATING**

**FIGURE 4. PICTORIAL OVERVIEW OF MALE SOLDIERS COMPARING
INDIVIDUAL FATNESS RATING, SWIMSUIT AND UNIFORM APPEARANCE
RATING AT FOUR LEVELS OF PERCENT BODY FAT
(ROUNDED TO THE NEAREST 5%).**

BODY FAT 20%

2.5



4.0



4.1

BODY FAT 25%

3.0



3.0



3.7

BODY FAT 35%

5.0



1.8



2.3

BODY FAT 40%

5.4



1.3



2.1

**BODY FATNESS
RATING**

**SWIMSUIT
APPEARANCE
RATING**

**UNIFORM
APPEARANCE
RATING**

FIGURE 5. PICTORIAL OVERVIEW OF FEMALE SOLDIERS COMPARING INDIVIDUAL FATNESS RATING, SWIMSUIT, AND UNIFORM APPEARANCE RATING AT FIVE LEVELS OF PERCENT BODY FAT (ROUNDED TO THE NEAREST 5%).

Figures 4 and 5 have been included to provide a pictorial overview of the results of this study. Figure 4 provides photographs of five male participants, both in swimsuit and in uniform. Accompanying the photographs are the percent fat value (rounded to the nearest 5%) for the individual, the fatness rating, and the swimsuit and uniform appearance ratings. Figure 5 is similar, but includes examples of female participants.

DISCUSSION

Reliability of the Measures

Agreement among raters appears to be rather good for both the appearance and fatness assessments. When the reliabilities are compared between genders, significant differences were not found. The pooled reliability estimates are then 0.86 for ratings of appearance in uniform; 0.90 for ratings of appearance in swimsuit; and 0.92 for fatness assessment. The reliability for fatness estimation appears to be higher than that found by Ward and coworkers (1976). The results presented by Ward, Sutherland, and Blanchard (1976), imply the inter-rater variation accounts for 39 percent of the total variance. The report does not contain enough information to calculate a value for alpha, but the lower limit for alpha would be 0.625. With only two raters, and limited trials, Sterner (1984) did not determine inter-rater reliabilities.

Relationships Among the Ratings

As can be seen in Table 3, ratings of appearance in uniform are not strongly related to fatness, either as percent body fat from hydro densitometry, or as ratings of fatness from photographs. On the other hand, there seems to be a rather strong relationship between ratings of appearance in swimsuit and both measured and rated fatness. Since the ratings in uniform preceded the ratings in swimsuit, these findings may reflect a period of learning of the rating procedure by the raters. These findings may also indicate that factors other than fatness enter into judgements of military appearance when the subject is in uniform. This is not surprising since; 1) the uniform often "hides" fatness by forcing the body to conform to the dimensions of the uniform; and 2) the appearance of the uniform itself (medals and other devices lined up properly and properly shined) contributes to the judgement of appearance despite admonitions to the raters not to rate the uniform.

Judgements of military appearance are normally made with soldiers in uniform. Given the weak association between appearance in uniform and percent body fat (only 28% of the variance accounted for), it does not seem reasonable to judge both military appearance and fatness from photographs of soldiers in uniform.

The reasonably strong correlation between ratings of fatness and of appearance in swimsuit suggests much more commonality among factors contributing to the ratings. The fact that these ratings are not more strongly associated may reflect a difference in the metric (a 7-point scale with which values increase with increasing fatness, vs. a 5-point scale with values decreasing with

increasing fatness) between ratings, and/or differences in criteria evaluated for the words "fatness" and "appearance."

Fatness Assessments and Anthropometric Equations

The validity of the equations to predict percent body fat from fatness assessments approaches the validities associated with prediction of percent fat from anthropometric variables using established generalized equations. Table 12 provides the correlation coefficients and standard errors of measurement for several generalized anthropometric equations applied to this sample. As can be seen from the table the correlations associated with these anthropometric equations are only slightly greater, and the standard errors only slightly less than those associated with the prediction of percent fat from fatness ratings.

Table 12.
VALIDITIES OF GENERALIZED ANTHROPOMETRIC EQUATIONS

Reference	Measures	R	Std. Err. of Measurement
MALES:			
Hodgdon & Beckett (1984a)	2 circ., ht	0.83	3.97
Wright, Dotson, & Davis (1980)	2 circ.	0.80	4.18
Behnke & Wilmore (1974)	3 skf.	0.83	4.08
Jackson & Pollack (1976)	7 skf., age	0.86	3.57
Dumin & Womersley (1974)	4 skf., age	0.80	4.19
Vogel, et al (1988)	2 circ., ht	0.83	3.93

mean: 0.83			
FEMALES:			
Hodgdon & Beckett (1984b)	2 circ., ht	0.74	4.01
Wright, Dotson, & Davis (1981)	2 circ.	0.72	3.89
Behnke & Wilmore (1974)	3 skf.	0.77	3.83
Jackson, Pollack, & Ward (1976)	7 skf., age	0.75	4.00
Dumin & Womersley (1974)	4 skf., age	0.74	3.97
Vogel, et al (1988)	4 circ., wt, ht	0.78	3.52

mean: 0.75			

A recent article by Mueller and Malina (1987) indicates the inter-rater reliability for skinfold measurements is approximately 0.92, and that for circumference measurements is 0.96. The inter-rater reliability of the visual fatness assessments is comparable to that of skinfold

measurement but slightly less than that of circumference measurement. While the reliability of the fatness assessment can be improved by increasing the number of raters, it would not be practical here. Using the formula provided in Nunnally (1978), an inter-rater reliability of 0.96 can be achieved by doubling the rating group size. Even so, the expected correlation between the fatness estimates and percent fat from hydrodensitometry would be only 0.80 for men and 0.73 for women. These values are less than the mean correlations with percent fat resulting from using generalized anthropometric equations (see Table 12).

While the validity of fatness assessment approaches that of estimation from anthropometric variables, the technique would be impractical for military use. If assessment of fatness were dependent upon the ratings of 5 raters, as an example of the size of a typical rating board, the reliability would drop to 0.865 and the estimated correlation between the average fatness assessment and percent body fat from hydrodensitometry in this sample would be 0.74 for men and 0.68 for women. This degradation in validity would render the visual rating process unworkable.

Gender Differences in Ratings

The ANOVA results indicate significant gender effects in the ratings of appearance and of fatness. For a given rating, a woman will have a greater percent body fat by about 8.7 % relative fat than a man. This finding is of interest given the literature that suggests that for comparable age, the percent fat for healthy women will exceed that for men by approximately 10 % relative fat (Behnke and Wilmore, 1974; Carter, 1983; McArdle, Katch, and Katch, 1986). It would appear that this naturally occurring difference is taken into account in visual ratings using the same scale for men and women. That the difference in fatness for the same rating is 8.7% fat rather than 10, may reflect that individuals comprising the male sample were, on the average, older than those comprising the female sample.

CONCLUSIONS

From the above, we conclude:

- 1) Ratings of appearance involve more than a consideration of the fatness of the individual. Ratings of appearance in uniform are not sufficiently strongly related to percent body fat to justify their use in body fat prediction. Therefore, it is not feasible to establish a single rating procedure which can be used to rate military appearance and fatness.
- 2) Visual ratings of fatness, appear to be valid, reliable indicators of percent body fat. Their use appears to be constrained by the size of the group (approximately 9) needed to achieve the validities approaching those associated with anthropometric equations.

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Appendix A.
FATNESS RATING SCALE

Score	Description:
1 (no visible fat)	The person has no fat visible as viewed from these photos.
2 (very thin)	Muscle attachments and blood vessels are clearly seen below the skin surface; a slight amount of fat tissue can be deposited in the extreme lower back, inner thigh area and immediately below the buttock. Abdominal muscling is clearly visible, facial lines are angular and the neck appear to be free of fat deposits.
3 (thin)	Locations of muscle attachments are moderately visible. Blood vessels can be seen below the skin, although they are not clearly visible. Abdominal muscles can be seen to some degree although a slight layer of fat is now deposited in the abdominal area. Facial lines are still fairly angular and free of fat.
4 (moderate)	Location of muscle attachments are not clearly visible. Body lines in general are somewhat smooth in appearance. Abdominal muscle are not clearly visible due to fat tissue covering; however, the stomach does not protrude over the waistline. Facial characteristics are probably best described as being smooth and more circular in appearance than the leaner subjects.
5 (fat)	Body lines are smooth but are now becoming rounded. Abdominal muscles are not visible due to fat deposits. Stomach protrudes over the waistline about 0-3.5 cm. Fat deposits on torso sides protrude over the waistline slightly. Facial lines are rounded.
6 (very fat)	No muscling is clearly visible due to fat deposits. Stomach protrudes over the waistline at least 3.5-4.0 cm and there are fat deposits protruding over the waistline on the sides. Facial lines are very rounded and the area under the jaw and around the neck have substantial amounts of fat deposited.
7 (obese)	

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