

Cost effective prediction of bodyfat

An example of project presentation slides

Aki Vehtari
Aalto University

Measuring bodyfat percentage

- Bodyfat percentage is related to many health outcomes

[Nice figures here]

Measuring bodyfat percentage

- Bodyfat percentage is related to many health outcomes
- Relatively accurate way to measure bodyfat is to weight a person in air and immersed in water
 - proportion of body fat can be derived from body density with Siri's (1956) formula
 - water immersion requires a big tub for the water and harness system for lowering a person to water

[Nice figures here]

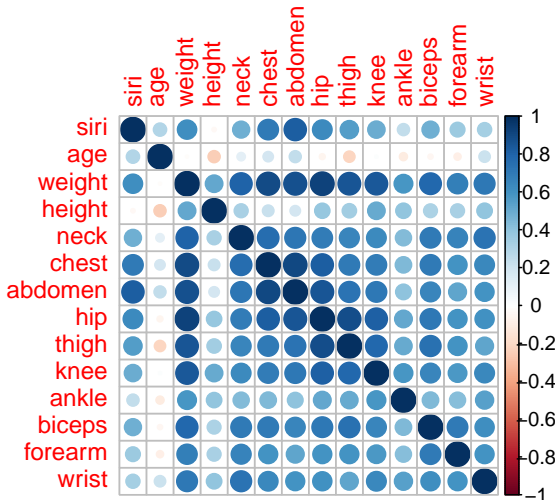
Measuring bodyfat percentage

- Bodyfat percentage is related to many health outcomes
- Relatively accurate way to measure bodyfat is to weight a person in air and immersed in water
 - proportion of body fat can be derived from body density with Siri's (1956) formula
 - water immersion requires a big tub for the water and harness system for lowering a person to water
- Can we estimate the bodyfat percentage with faster and a smaller equipment?
 - with just a scale and measure tape?

[Nice figures here]

Measuring bodyfat percentage

- With just a scale and measure tape?



Bodyfat predictive model

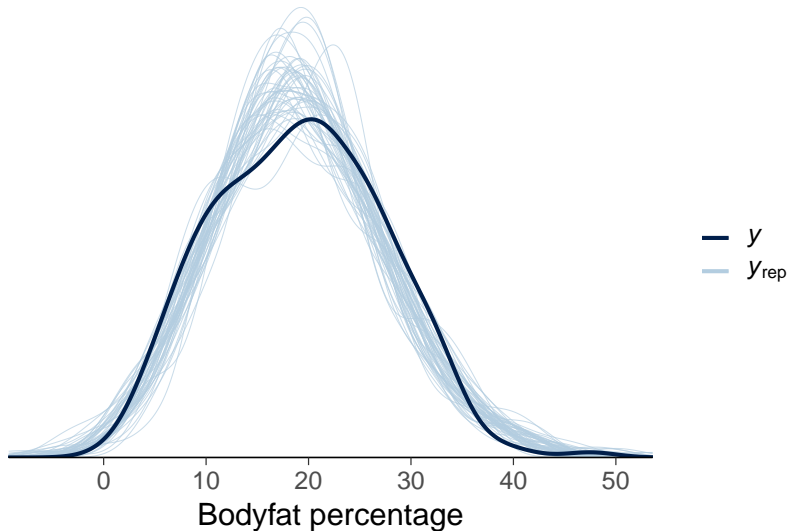
- Gaussian linear regression model with regularized horseshoe prior ($p_0 = 5$) on coefficients

Bodyfat predictive model

- Gaussian linear regression model with regularized horseshoe prior ($p_0 = 5$) on coefficients
- Model build with `rstanarm` and inference run with Stan
 - all convergence diagnostics were good

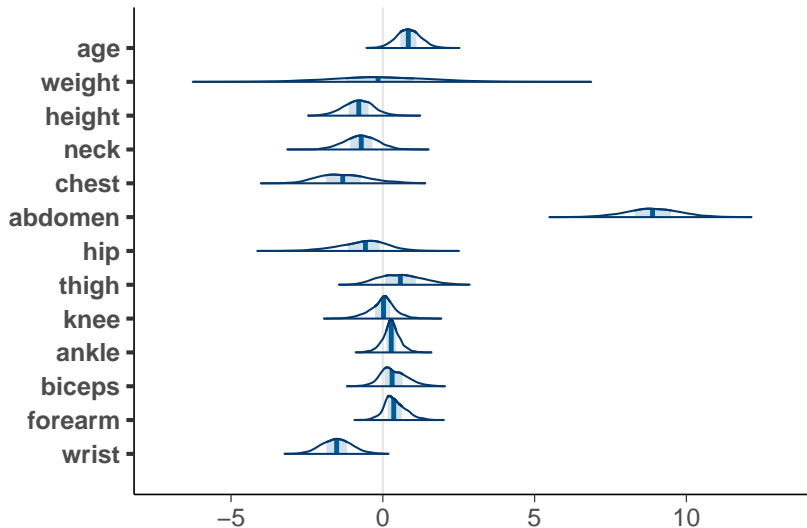
Bodyfat model checking

Posterior predictive checking



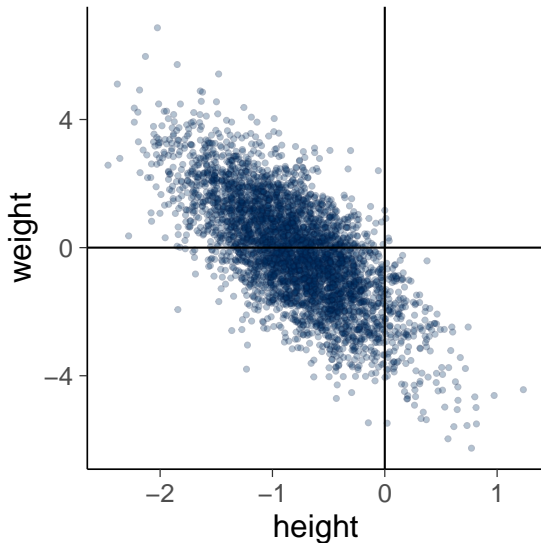
Bodyfat

Marginal posteriors of coefficients



Bodyfat

Bivariate marginal of weight and height



Bodyfat variable selection

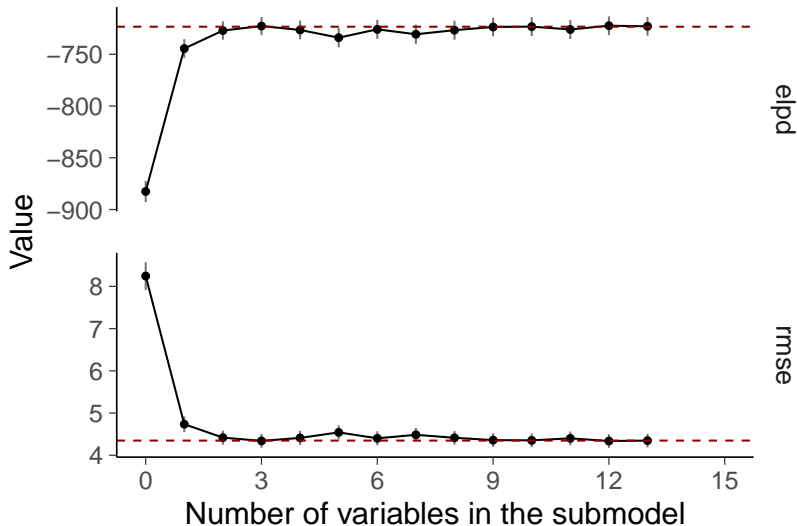
- Do we need all the measurements?
- We find the model with a minimal set of variables which have similar predictive performance as the model with all variables

Bodyfat variable selection

- Do we need all the measurements?
- We find the model with a minimal set of variables which have similar predictive performance as the model with all variables
- We use projection predictive variable selection implemented in `projpred` package

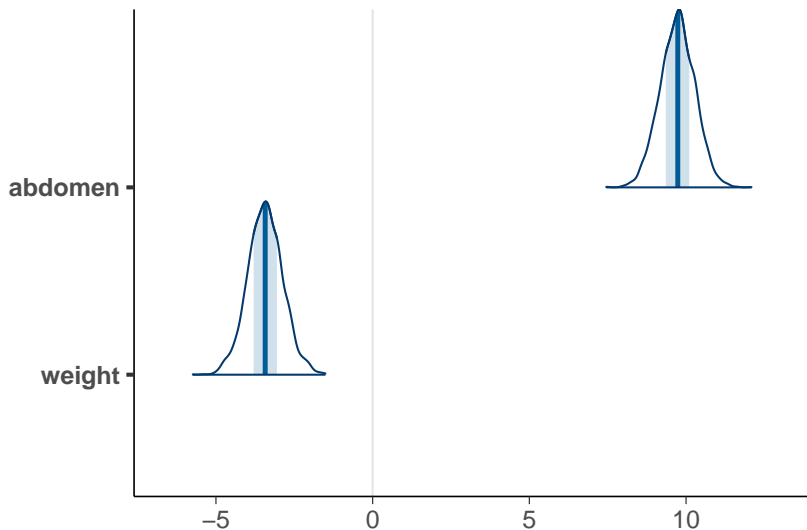
Bodyfat

The predictive performance of the full and submodels



Bodyfat

Marginals of projected posterior



Bodyfat – Conclusion

- Bodyfat percentage estimated using water immersion can be predicted using scale and tape measure

Bodyfat – Conclusion

- Bodyfat percentage estimated using water immersion can be predicted using scale and tape measure
- The accuracy using mean of data is 16%-units (95% interval)

Bodyfat – Conclusion

- Bodyfat percentage estimated using water immersion can be predicted using scale and tape measure
- The accuracy using mean of data is 16%-units (95% interval)
- The accuracy using all anthropometric measures is 8.6%-units (95% interval)

Bodyfat – Conclusion

- Bodyfat percentage estimated using water immersion can be predicted using scale and tape measure
- The accuracy using mean of data is 16%-units (95% interval)
- The accuracy using all anthropometric measures is 8.6%-units (95% interval)
- The same accuracy can be obtained using just abdomen circumference and weight

Bodyfat – Conclusion

- Bodyfat percentage estimated using water immersion can be predicted using scale and tape measure
- The accuracy using mean of data is 16%-units (95% interval)
- The accuracy using all anthropometric measures is 8.6%-units (95% interval)
- The same accuracy can be obtained using just abdomen circumference and weight
- More results at avehtari.github.io/modelselection/bodyfat.html

THANKS!

NO “THANKS”!

NO “THANKS”!

- Don't ever end with a slide having just “THANKS”

NO “THANKS”!

- Don't ever end with a slide having just “THANKS”
- “THANKS” slide has zero information content

NO “THANKS”!

- Don't ever end with a slide having just “THANKS”
- “THANKS” slide has zero information content
- Leave the conclusion slide or contact information slide

Conclusion

- Bodyfat percentage estimated using water immersion can be predicted using scale and tape measure
- The accuracy using mean of data is 16%-units (95% interval)
- The accuracy using all anthropometric measures is 8.6%-units (95% interval)
- The same accuracy can be obtained using just abdomen circumference and weight
- More results at avehtari.github.io/modelselection/bodyfat.html

Additional information

- You can have additional slides after the conclusion for supporting material to answer questions
 - for example, in this course, include Stan code and additional convergence and model checking results

```
p0 <- 5 # prior guess for the number of relevant variables
tau0 <- p0/(p-p0) * 1/sqrt(n)
rhs_prior <- hs(global_scale=tau0)
fitrhs <- stan_glm(formula, data = df, prior=rhs_prior,
                  QR=TRUE, seed=SEED, refresh=0)
```