Introduction: Studies showed that many adolescents and adults misperceive their weight status. Fewer data exist on this topic regarding children. The objective of the present study was to evaluate the concordance between BMI *Z*-score (BMIZ) and body image self-perception (BISP) in elementary school-aged children.

Method: The present study included 262 children (9·2 (SD 1·6) years) from the Quebec City suburbs. Children selected their BISP using Collin's pictorial scale. The seven body shapes were recodified to −3 (very thin) to 3 (very obese) so that the body shape representing an average-weight child was numbered 0 and was associated to a BMIZ of 0. Children's height and weight were measured. They were considered normal or overweight/obese if presenting a BMIZ <1 or ≥ 1, respectively.

Results: Twenty-seven per cent of children could accurately auto-evaluate their body shape, while 72% were inaccurate (59% underestimated, 13% overestimated). After grouping children according to their age (<9 *v.* ≥ 9 years old) and BMIZ (<1 *v.* $\geqslant 1$), younger children presented a greater difference between BMIZ and BISP than older ones ($P<0{\cdot}05$). Irrespective of age, normal weight and overweight/obese children perceived themselves thinner than their actual BMIZ (sBISP/BMIZ = −0·50 (SD 1·04) *v.* −1·50 (SD 0·86), respectively; $P<0{\cdot}001$). Interestingly, on average, both normal and overweight/obese children perceived themselves as showing an average BMIZ.

Conclusions: The present study showed that a large majority of children are inaccurate in auto-evaluating their body image, which is especially striking with overweight and obese children. Further studies might explore whether this component should be part of obesity prevention programmes involving children.

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82 – Are elementary school-aged children satisfied with their body image?

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Introduction: Dissatisfaction with body image might become a major issue with the increasing prevalence of obesity among children. The objectives of the present study were to document the relationships between body image self-perception (BISP) and ideal body image (IBI) in elementary school-aged children.

Method: The present study included 262 children (9·2 (SD 1·6) years) from the Quebec City suburbs. Children selected their BISP and IBI using Collin's pictorial scale. The seven body shapes were re-codified to −3 (very thin) to 3 (very obese) so that the body shape representing an average-weight child was numbered 0 and was associated to a BMIZ of 0. Children's height and weight were measured. They were considered normal or overweight/obese if presenting a BMIZ <1 or ≥ 1, respectively.

Results: Fifty-three per cent of children did not wish to have a different body image than what they perceived, 36% wished to be thinner and 12% wished to be heavier. Children presented a BMIZ of 0·17 (SD 0·91) with a BISP of −0·53 (SD 0·97) and an IBI of −0·84 (SD 1·03). BISP was significantly lower than BMIZ and IBI was even significantly lower than BISP ($P<0{\cdot}001$). IBI was not different between boys (−0·74 (SD 1·07)) and girls (−0·92 (SD 1·00)). Moreover, even though normal and overweight/obese children were different for BISP (−0·65 (SD 0·96) *v.* −0·04 (SD 0·82), respectively; $P<0{\cdot}001$), their IBI were similar (−0·8 (SD 1·0) *v.* −1·0 (SD 1·2), respectively; ns).

Conclusions: One out of two children was satisfied with his/her perceived body image. It is noteworthy that children's ideal body image seemed to be the same, no matter what their gender or weight status were.

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