

Obesity is a critical issue affecting the health and wellbeing of people worldwide (WHO, 2000). In the United States two-thirds of Americans are classified as overweight or obese. The Body Mass Index (BMI) is a standard metric of obesity based on people's height and weight. Individuals classified as overweight (BMI >25) have elevated health risks while obese (BMI >30) individuals have significantly increased health risks. This study links the American Time Use Survey (ATUS) with the National Health and Nutrition Examination Study (NHANES) through propensity matching techniques. The ATUS provides a 24 hour time diary that includes all activities performed for each respondent for one day. The NHANES provides detailed nutritional information. Both surveys contain information on respondents height and weight and demographic variables. Using structural equation modeling the combined survey allows for a model that includes environmental, behavioral, and nutritional variables to be studied simultaneously. Using a two-step model healthy eating is estimated as a latent variable to predict health status defined by BMI. By looking at the system as a whole leverage points can be discovered to inform policy decisions to promote healthier living and inform consumers of ways to make healthier choices.