Introduction: obesity is a public health problem that has increased considerably. Several techniques have been developed and used to measure the amount of body fat, or a combination of excess fat with some comorbidities. The Body Adiposity Index is a new method proposed to determine body fat and its validation is still limited. Methods and logistics of a population-based study reported in the literature are few, mainly multidisciplinas team. Objective: the objective was to report the proceedings of a population-based study, the denouement is the index of adiposity in adults. Design: the design of this study was cross-sectional, with a sample of 1085 adults aged 20-59 years living in the city of Viçosa, MG. A questionnaire was applied at home with sociodemographic, behavioral issues, health and level of physical activity. Then anthropometric and biochemical data were collected. The training for data collection involved the calibration of evaluators, being the correlation between the measurements checked by the intraclass correlation test and was adopted as the acceptable value of 0.60. Results: it is noted that, with the exception of assessors 1, the triceps and subscapular skin folds, and the evaluator 4, in the pectoral skinfolds and suprailiac, all other measures reached acceptable cutoff point for agreement among evaluators. Conclusions: multidisciplinary research is important to understand the various factors that may be operating in health and disease process tool. Methodological and logistical aspects described in this study should be followed, which will lead to a steady decrease in research biases.

Keywords
Body adiposity index, Obesity, Method, Cross-sectional study.