LAB -1 BMI (Body mass index)

Assessment of weight and health risk involves using three key measures:

- Body mass index (BMI)
- Waist circumference
- Risk factors for diseases and conditions associated with obesity

BMI

Underweight	<18.5
Normal or Healthy Weight	18.5 - 24.9
Overweight	25.0 - 29.9
Obese	30-39.9
Morbidly obese	≥40

Limitation of BML

- It may overestimate body fat in athletes and others who have a muscular build.
- It may underestimate body fat in older persons and others who have lost muscle.

How is BMI used

A high BMI can be an indicator of high body fatness. BMI can be used as a screening tool but is not diagnostic of the body fatness or health of an individual. To determine if a high BMI is a health risk, a healthcare provider would need to perform further assessments. These assessments might include skinfold thickness measurements, evaluations of diet, physical activity, family history, and other appropriate health screenings

What are some of the other ways to assess excess body fatness besides BMI

Other methods to measure body fatness include <u>skinfold thickness measurements</u> (with calipers), <u>underwater weighing</u>, <u>bioelectrical impedance</u>, <u>dual-energy x-ray absorptiometry</u> (DXA), and <u>isotope dilution</u>. However, these methods are not always readily available, and they are either expensive or need to be conducted by highly trained personnel. Furthermore, many of these methods can be difficult to standardize across observers or machines, complicating comparisons across studies and time periods.

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G. Gregory Haff, Charles Dumke

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Bmi Lab Manual Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has be much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Bmi Lab Manual**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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