

LAB -1 BMI (Body mass index)

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

1. Body mass index (BMI)
2. Waist circumference
3. 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 BMI

- 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 skinfold thickness measurements (with calipers), underwater weighing, bioelectrical impedance, dual-energy x-ray absorptiometry (DXA), and isotope dilution. 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.

Bmi Lab Manual

G. Gregory Haff, Charles Dumke



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