

Body mass index

[Health & Medicine](#)



**ASSIGN
BUSTER**

Body Mass Index BMI or body mass index is a measure of the human's body in relation to body height and mass. This concept was devised between the 1830s and 1850s by a Belgian polymath called Adolphe Quetelet. Body mass index calculation is arrived by calculating the square of a body mass divided by the square height. To date it is the best proxy of body fat percentage in relation to height and weight. Body fat calculations and measures became paramount due to rising cases of obesity in western countries and enabled professionals to identify and address weight problems both overweight and underweight (Hoeger & Hoeger, 2012). Although it is mainly used for medical diagnosis, it was primarily not intended for that but for classifying sedentary people from the active ones.

Body composition on the other hand is a calculation that involves fat percentage as well as bone and muscular variables. Its goal is to calculate the leanness of a body thus two bodies that may look exactly alike may give two different results in fat percentage by up to about 4kgs.

Risk of fatal diseases and mortality can definitely be calculated by BMI.

Professionals have proven that a BMI of over 30 percent which is considered overweight can and will have health consequences on a patient greatly affecting his or her mortality. However, the BMI is not entirely accurate for someone with heavy bones may be put as overweight. It also gives wrong results for children for its logic is entirely based on weight and not age. It also does not recognize body types and may put physically fit persons as being underweight.

Reference

Hoeger, W. & Hoeger, S. (2012). Principles and Labs for Fitness and Wellness

(11th ed.).

Mason, OH: Cengage Learning.