A Better Way to Measure Body Fat

A Mayo Clinic video explains why the body mass index, or BMI, standard for estimating your body fat is misleading. A Mayo physician says it offers a false sense of security for the person with a normal or slightly above normal BMI.

He says the more dangerous combination is the thin person with an enlarged waist. This belly fat changes the way our system works, and causes diabetes, high blood pressure and risk of heart disease. The best screening tool is the waist-to-hip ratio, which is your waist circumference divided by your hip circumference. Pear shape is good. Apple is bad. So measure, divide and take action as needed.


Presented daily by Twila Brase, President, Citizens’ Council for Health Freedom.

The Health Freedom Minute is now heard in 41 states: Mornings M-Th at AM1280 (The Patriot) in MN and 91.5 AM WHKC (FreedomFM) in OH, afternoons on American Family Radio, and daily on the Bott Radio Network.