



Citizens' Council for Health Freedom

Health Freedom Minute

March 20, 2013

The Big Fat Lie about BMI

Body Mass Index is your weight divided by your height. BMI is supposedly to measure obesity, but it doesn't measure body fat. The problem, say scientists, is that it "lumps together all body mass, including bone, muscle and beneficial fat" rather than just dangerous fat around your abdomen.

One study of 54 men and 54 women who all had the same BMI of 25, the threshold between normal weight and overweight, found a wide range of body fat. The body fat percentages ranged from 14 to 35 percent in men and 26 to 43 percent in women. Thus, the BMI is handy for number crunchers, but a meaningless measure of fat.

"A Good Way to Measure Obesity? Fat Chance." Carl Bialik, The Wall Street Journal, January 12-13, 2013.

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

The Health Freedom Minute is now heard in 37 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.