

Bariatric *focus*

HELPING PATIENTS STAY FOCUSED ON WEIGHT LOSS EVERY DAY

Calculating Your Body Mass Index, Your Waist Hip Ratio and/or Your Body Fat Percentage Can Help

What Is My Ideal Weight? How Much Should I Weigh?

To determine how much you should weigh, several factors should be considered, including age, muscle-fat ratio, height, sex, and bone density. One person's ideal body weight may be completely different from another's. If you compare yourself to family and friends or even to people outside your immediate surroundings you risk either aiming too high if you are surrounded by obese or overweight people, or too low if everyone around you works as fashion models.

Body Mass Index (BMI)

Your BMI is your weight in relation to your height and is calculated as your weight (kilograms) divided by the square of your height (meters). Health authorities worldwide mostly agree that a BMI of between 18.5 and 25 is ideal and a person with a BMI over 30 is obese.

The problem with BMI is that it does not take into account the person's waist, chest or hip measurements and does not take into account bone density (bone mass). An Olympic 100 meters sprint champion may have a BMI in the overweight category because of his significant muscle mass. An obese person with

severe osteoporosis (very low bone density) may have a lower BMI than somebody else of the same height who is healthy, but the person with osteoporosis will have a larger waist, more body fat and weak bones.



Waist-Hip Ratio (WHR)

This is the ratio of the circumference of your waist to that of your hips. You measure the smallest circumference of your waist, usually just above your belly button, and divide that total by the circumference of your hip at its widest part.

Various studies have shown that people with apple-shaped bodies - who have larger WHRs - have higher health risks compared to people with pear-shaped bodies - who have lower WHRs. Women with a WHR of less than 0.8 and men with a WHR no more

than 0.9 are generally healthier, more fertile, and have a lower risk to develop diabetes, most cancers, or cardiovascular disorders.

The problem with WHR is that it does not accurately measure a person's total body fat percentage, or their muscle-to-fat ratio.

Body Fat Percentage

Your body fat percentage is the weight of your fat divided by your total weight. The result indicates both your essential fat (*this is the amount of fat we need to survive*) as well as your storage fat (*this consists of fat accumulation in adipose tissue, some of which protects our internal organs in the chest and abdomen*). Essential fat is 2-5% in men, and 10-13% in women.

There are various ways of calculating a person's body fat percentage. None of them can give a 100% accurate figure, but the estimates are accepted as fairly close. Examples include near-infrared interactance, dual energy X-ray absorptiometry, and bioelectrical impedance analysis.

Any male whose total body fat percentage is over 25% or female over 31% is either overweight or possibly obese.

You can work out your BMI, WHR, and possibly your Body Fat Percentage to help you find out what your ideal weight is, and what your target should be.

Nutrition Tip of The Month

Always Read The Food Labels...

The Nutrition Facts label lists a wealth of useful information, including the number of calories a food product contains in a single serving. In addition, "calorie lingo" on the label can alert you to lower-calorie food products:

"Calorie-free" means the product contains fewer than five calories per serving.

"Low-calorie" means 40 calories or fewer.

"Reduced" or "fewer" calories means at least 25 percent fewer calories.

"Light" or "lite" indicates the product contains one-third fewer calories or 50 percent less fat.

Remember, just because a product is fat-free doesn't make it calorie-free. Always read the label

Support Group Meeting

Thursday

17

Our next bariatric surgery support group meeting is Thursday, June 17 at 19:00. See you there!

Invited Speaker: Personal Trainer!



Location: Surgical Associates Office