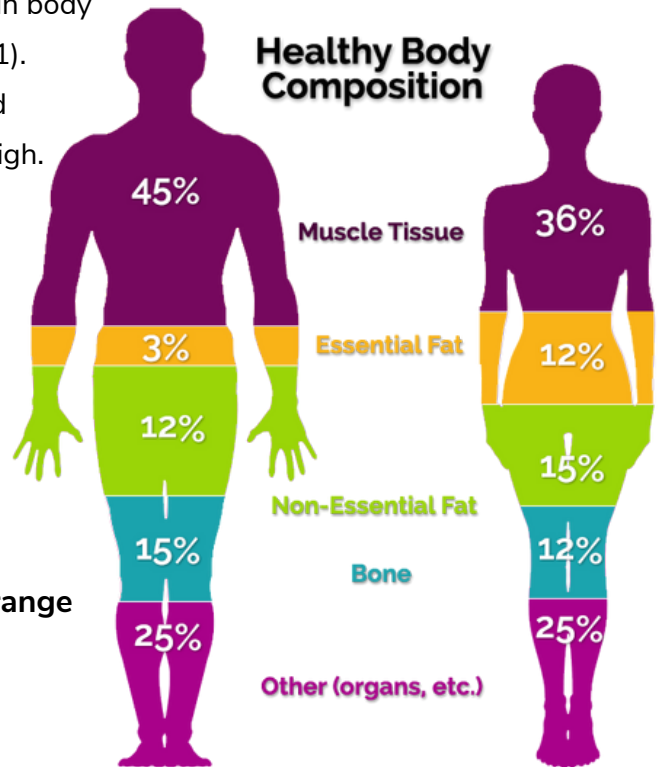




BMI & Body Composition

Body mass index (BMI) is a value which gives a healthy weight range for your height.

Body Mass Index (BMI) takes into account natural variations in body shape, giving a healthy weight range for a particular height (1). Muscle is much denser than fat, so very muscular people, and athletes, may be a healthy weight even though their BMI is high. You should not use BMI as a measure if you are pregnant. Body fat ratios differ between men and women and it's important to note that some fat is essential for health.



BMI Thresholds

For most adults, an ideal BMI is 18.5 to 24.9

below 18.5 – you're in the underweight range

between 18.5 and 24.9 – you're in the healthy weight range

between 25 and 29.9 – you're in the overweight range

between 30 and 39.9 – you're in the obese range

Body Composition

Body Composition can provide a more complete picture of health, and help highlight the areas to focus diet and lifestyle interventions. Unlike BMI, body composition analysis takes into account your full body composition (fat versus muscle mass), fat distribution, visceral fat level in the central abdominal area which is considered particularly harmful due to the proximity to your vital organs, bone mass and total water %, helping to highlighting hydration levels and whether further bone density analysis is needed. Body composition analysis can therefore provide more clinically relevant information than BMI in isolation.

Diet & Lifestyle factors

Diet and lifestyle choices are modifiable factors which influence your body composition and fat mass. The risk factors for becoming overweight and obese are complex and vary from one individual to another. They include genetics, socio-economic and cultural factors, stress, the health of your gut microbiome, inflammation, lack of exercise as well as your choices of foods and their preparation/cooking methods.

Optimising your food choices is a great place to start taking steps towards a healthier you. BANT nutrition practitioners consider every individual to be unique and recommend personalised nutrition and lifestyle programmes to support weight loss, rather than simply counting calories and following a generic 'one size fits all' approach.



1. <https://www.nhs.uk/common-health-questions/lifestyle/what-is-the-body-mass-index-bmi/>