

Mayo Clinic Minute

Body Mass Index (BMI) Alternative

VIDEO	AUDIO
	A BMI calculation uses your weight and height to estimate your body fat.
	But an increasing number of studies are calling the formula flawed.
	It's not necessarily the best way to measure or to identify obesity.
	Mayo Clinic cardiologist Dr. Francisco Lopez-Jimenez says the index offers a false sense of security to people whose BMI lands in the normal or just slightly above normal range.
Title: FRANCISCO LOPEZ-JIMENEZ, M.D. CARDIOLOGY Mayo Clinic	The most dangerous combination is actually being skinny and having an enlarged waist.
	People who have what's called "central obesity." In layman's terms: thin people with belly fat.
	This particular fat changes the way our system works, and causes diabetes, increases blood pressure and basically increases the chances to develop heart disease.
	So what's a better measure? Dr. Lopez-Jimenez favors a calculation called a waist-to-hip ratio — your waist circumference divided by your hip circumference.
	We believe that is the best screening tool to identify obesity.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.

