



EDITORIAL

VALUE OF BODY MASS INDEX IN HEALTH

Body Mass Index (BMI) is a calculation that estimates a person's body fat using the weight and height (weight in Kg divided by the square Height in metres). A body mass index of 18.5 to 25kg/m² is considered normal weight with low risk of poor health. While above and below is linked to higher risk of poor health.

However, there are several measures of health such as serum cholesterol level, blood sugar level, heart rate, blood pressure and inflammation levels that may influence health apart from BMI.

As we grow older, our bodies naturally increase in fat mass and decline in muscle mass

(natural sarcolemma loss). Some studies suggest higher BMI (23.0-29.9) in older age protects us from early death and disease. BMI as a determinant of a person's health also ignores mental wellbeing and complicated sociological factors such as income, access to nutritious food, good skills, knowledge and working environment.

Nevertheless BMI is a useful indicator of our cardio-metabolic status and our likelihood of developing various diseases such as diabetes mellitus, hypertension and early death from ischaemic heart disease.



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