Debunking Medical Myths: BMI Reliably Measures Body Fat

Michael Melhem  
*Wayne State University School of Medicine, hi3599@wayne.edu*

Lillian Baumann  
*Wayne State University School of Medicine, hi3597@wayne.edu*

Victoria Kelley  
*Wayne State University School of Medicine, hi2732@wayne.edu*

Michael Escobar  
*Wayne State University School of Medicine, hj0026@wayne.edu*

Nicholas Pryde  
*Wayne State University School of Medicine, hi3187@wayne.edu*

*See next page for additional authors*

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Body Mass Index (BMI) = weight (kg) / Height^2 (m^2)

**Fact:** BMI has not been shown to accurately measure body fat in the “desirable” BMI range, given its inability to distinguish between fat and muscle.

**MYTH:** BMI reliably measures body fat

Fact: People in the “overweight” and “obese” BMI categories overestimate their risk for diabetes and coronary heart disease and underestimated risk of colorectal or breast cancer.

**MYTH:** BMI is the best way to measure healthy weight

Fact: Weight-height ratio provides a more accurate measurement of body fat in the “desirable” BMI range.

**MYTH:** There are limited ways to measure body fat

Fact: Another way to measure body fat is by dual-energy X-Ray Absorptiometry (DXA).

**Citations**


Arnold Schwarzenegger was 6 foot 2 and 257 pounds at the height of his career, giving him a BMI of 33 (obese). Picture source: https://en.wikipedia.org/wiki/Arnold_Schwarzenegger

By: Lillian Baumann, Michael Escobar, Victoria Kelley, Quynh Liu, Michael Melhem, Nicholas Pryde