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## Debunking Medical Myths: BMI Reliably Measures Body Fat

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# Body Mass Index Myths

BMI (kg/m <sup>2</sup> )	Interpretation
<18.5	Malnourished
18.5–20	Underweight
21–25	Desirable
26–30	Overweight
>30	Obese

Body Mass Index (BMI) = weight (kg) / Height<sup>2</sup> (m<sup>2</sup>)

**MYTH:** BMI reliably measures body fat

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 helps people understand their own health

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.

Source: <https://www.lindora.com/2020/09/17/body-mass-index-bmi-what-is-it-and-why-is-it-important/>

**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

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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](https://en.wikipedia.org/wiki/Arnold_Schwarzenegger)

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