

《别再烦恼体重了！科学家称胖并不代表不健康》



People need to ditch the obsession with body mass index and rethink the way they judge obesity, a new report states.

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Researchers from the University of Alberta say the metric, which measures a person's body size from their weight and height, has become a benchmark in modern medicine.

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But body mass index (BMI) is not only a bad indicator of how healthy you are, it can lead to doctors prescribing the wrong treatment for patients, the scientists say.

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BMI first gained popularity in the 1970s as a way of judging body fat. A healthy BMI is typically measured between 18.5 and 24.9.

????????????????????70????????????????18.5?24.9???

Anything under 18.5 is considered underweight. BMIs between 25 and 29.9 fall into overweight territory, and above 30 is considered obese.

??????18.5????????25?29.9????????30????????

It is useful for tracking population trends in body weight, but has well-known limitations when applied to individuals, Dr Arya Sharma, an obesity researcher at the University of Alberta in Canada, told Live Science.

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For example, many professional athletes qualify as overweight or obese based on solely their BMI. But they have much more muscle mass, which weighs proportionally more than fat.

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And while someone with a BMI of above 30 is considered obese by the metric, they may actually be perfectly healthy, metabolically speaking, according to Dr Sharma.

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Their blood pressure is normal, their livers are functioning well and their cholesterol levels are within normal limits.

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On the other hand, some people with BMIs below 30 have health problems if they were to lose weight.

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