

J16 Normal Weight Obesity

April 2009

Intro: If you step on the scale and the numbers show you're at a normal weight, there's a one in four chance you're actually obese. It's called normal weight obesity. You might look slim, but you could have a high percentage of body fat compared to lean muscle and bone. This puts you at risk of heart disease, diabetes and other conditions. More from Mayo Clinic.

Video

Audio

Total running time 1:49

THIS MAY LOOK LIKE A SCENE FROM A SCIENCE FICTION MOVIE, BUT THIS CAPSULE-LIKE MACHINE IS THE LATEST IN MEASURING BODY FAT PERCENTAGE.

“THE RESULTS ARE 38-PERCENT BODY FAT.”

THE MACHINE WORKS BY MEASURING THE AMOUNT OF AIR YOUR BODY DISPLACES IN THE CAPSULE.

CG :17 to :20

Sherry Lawrence

“IT MAKES CLUNKING AND CHIRPING NOISES WHILE YOU'RE IN THERE.”

Standup

CG :20 to :28

IT SHOW'S THAT SHERRY

Vivien Williams
Reporting

CG :37 to 1:00

Francisco Lopez-Jimenez, M.D.
Mayo Clinic

GPX:

Fat Composition

- **Over 25% for men**
- **Over 35% for women**

LAWRENCE'S WEIGHT AT 140
SOME POUNDS IS WITHIN NORMAL
RANGE, BUT HER BODY FAT AT 38-
PERCENT IS HIGH. SHERRY HAS
WHAT'S CALLED NORMAL WEIGHT
OBESITY, A COMMON PROBLEM
FOR WOMEN OVER AGE 65 AND
PEOPLE WHO ARE SEDENTARY.

“THE PROBLEM IS THAT WE HAVE
BEEN DEFINING OBESITY
ACCORDING TO BODY MASS
INDEX. AND BODY MASS INDEX
MEASURES LEAN MASS OR
MUSCLE AND ALSO FAT.
THEREFORE, SOMEBODY MIGHT
HAVE VERY LITTLE MUSCLE MASS
AND A LOT OF FAT AND STILL HAVE
A NORMAL WEIGHT.”

DR. FRANCISCO LOPEZ-JIMENEZ
SAYS IF YOUR FAT COMPOSITION
IS OVER 25-PERCENT FOR MEN
AND 35-PERCENT FOR WOMEN,
YOU ARE AT INCREASED RISK OF

- **Heart disease**
- **Diabetes**
- **High cholesterol**
- **High blood pressure**

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THE SAME CONDITIONS AS
OBVIOUSLY OVERWEIGHT PEOPLE:
HEART DISEASE, DIABETES, HIGH
CHOLESTEROL AND HIGH BLOOD
PRESSURE. HOW CAN YOU
CHANGE THAT?

“THE INITIAL APPROACH SHOULD
BE TO ENCOURAGE EXERCISE
WITH A COMBINATION OF
STRENGTH TRAINING OR WEIGHTS
ALONG WITH AEROBIC EXERCISE
TO BUILD UP MORE MUSCLE AND
BONE MASS.”

SHERRY IS TAKING THAT ADVICE
SERIOUSLY.

Sherry Lawrence

“I’VE STEPPED UP THE PACE, SO
TO SPEAK.”

AND SHE’S CUTTING THE AMOUNT
OF SATURATED FAT SHE EATS.

HER GOAL IS NOT TO LOSE
WEIGHT, BUT TO IMPROVE HER
HEALTH BY LOWERING THE
AMOUNT OF FAT IN HER BODY.

FOR MEDICAL EDGE, I'M VIVIEN
WILLIAMS.

Anchor tag:

Dr. Lopez-Jimenez recommends talking to your doctor about having your body fat percentage measured. He also says if that's not possible, many health clubs have ways to measure body fat. These measurements can tell you if you should work on building lean mass and decreasing fat.

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