

Medical Edge from Mayo Clinic

Body Mass Index (B-M-I)

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S TODAY'S MEDICAL EDGE FROM MAYO CLINIC.
	IT COULD BE YOU, YOUR SPOUSE OR YOUR NEIGHBOR. ONE IN THREE AMERICANS IS OBESE, INCREASING THE RISK FOR DIABETES, HIGH BLOOD PRESSURE, STROKE AND HEART PROBLEMS. BUT WHAT IS THE MEDICAL DEFINITION OF OBESE? MAYO CLINIC DR. JAMES SWAIN SAYS IT'S BASED ON SOMETHING CALLED THE BODY MASS INDEX, OR B-M-I.
James Swain, M.D. Track 3 (2:10)	"THAT IS BASICALLY TAKING A PATIENT'S WEIGHT AND DIVIDING

	BY THEIR HEIGHT WHICH GIVES US A RATIO.”
	A BODY MASS INDEX BETWEEN 25 AND 30 IS CONSIDERED OVERWEIGHT. IF IT’S OVER 30 A PERSON IS CATAGORIZED AS OBESE.
Dr. Swain Track 3 (2:45)	“ESSENTIALLY, UNLESS YOU’RE A WORLD CLASS ATHLETE AND YOUR MUSCLE MASS IS EXTREME, B-M-I IS PRETTY MUCH APPLICABLE TO MOST PATIENTS, MOST PEOPLE ACROSS THE COUNTY.”
	A RELATIVELY NEW INVENTION, THE BODY MASS INDEX WAS ESTABLISHED BY THE NATIONAL INSTITUTES OF HEALTH IN 1998.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR LOG ONTO MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.
