Body Roundness Index

Hanna Dee

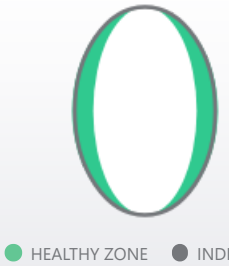
Date: 01/04/2022
Birthdate: 05/16/1949 (72)
Sex: Female

3.91 BRI

MEASUREMENTS	
Height:	5 ft 4 in
Weight:	128 pounds
Waist Circumference:	34 inches
Hip Circumference:	40 inches
Percent Body Fat:	30.7%
Visceral Adipose Tissue:	3.3%

BODY ROUNDNESS INDEX (BRI)

Your Score	Normal Range	Your Classification	Risk Factors
3.91	1.49 - 4.29	GOOD	LOW

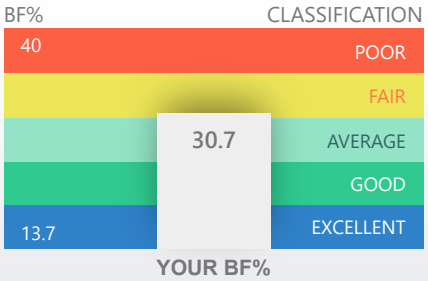


BODY ROUNDNESS INDEX (BRI) BRI combines height and waist circumference and reflects both visceral adipose tissue and body fat percentage.[1-3] The BRI ranges between 1 to 20 (1 = narrow body, 20 = more round). The BRI outputs a graph of body shape with reference to a healthy zone. The BRI was found to correlate well with measurements taken by Bioelectrical Impedance Analysis.[1,2] The BRI is able to determine the presence of cardiovascular disease and diabetes but not superior to BMI, waist circumference or waist-to-height ratio.[4,6,7] However, the BRI was found to be superior to the BMI and is an alternative index for assessing diabetes in people in Northeast China.[5] BRI was also found to predict coronary heart disease risk in Chinese males and females.[3]

RISK TYPES
Metabolic complications: diabetes, heart disease, stroke, etc.

BODY FAT PERCENTAGE (BF%)

Your Score	Normal Range	Your Classification	Risk Factors
30.7	22.6 - 30	FAIR	MODERATE

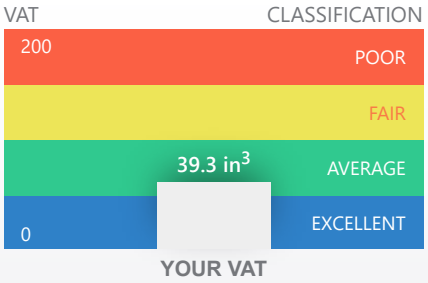


BODY FAT PERCENTAGE (BF%) The body fat percentage (BFP) is the total mass of fat in the human body that includes essential body fat and storage body fat .Essential body fat is necessary to maintain life and reproductive functions. The body fat percentage is based off the Body Roundness Index and provides a more accurate body fat prediction over other formulas.[1] Data from NHANES III, St. Luke's-Roosevelt Hospital, and other published healthy body fat ranges were used to determine prediction models of total % body fat, and validated against the Kiel dataset.[1,2] The ACSM and Cooper Institute uses references values for the interpretation of body fat.[8,9]

RISK TYPES
Metabolic complications: diabetes, heart disease, stroke, etc.

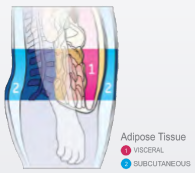
VISCERAL ADIPOSE TISSUE (VAT)

Your Score	Normal Range	Your Classification	Risk Factors
39.3 in^3	0 - 61	AVERAGE	LOW TO MODERATE



VISCERAL ADIPOSE TISSUE (VAT) VAT is Fat tissue located deep in the abdomen and around internal organs. Excess of visceral adipose tissue (VAT), which appears with increasing age, has been shown to be associated with cardiovascular disease (CVD), type 2 diabetes, and all cause-mortality, beyond general obesity.[10-12] The Body Roundness Index is a predictor of % VAT, and provides a more accurate estimate of % VAT.[1] The NHANES, and St.Luke's-Roosevelt Hospital database were validated against the Kiel database to develop predictive models of % VAT. VAT references values are used for interpretation of co morbidity health risk.[13-14]

RISK TYPES
Metabolic complications: diabetes, heart disease, stroke, etc.



IDEAL | HEALTHY	AVERAGE | LOW	AT RISK | MODERATE	AT RISK | VERY HIGH
0.0 to 30.5	**30.5 to 61.0**	**61.0 to 91.5**	**91.5 +**
A VAT volume (in^3) between the level listed above is considered an ideal range.	A VAT volume (in^3) in the range listed above is considered to be at low risk.	If your VAT volume (in^3) is in the range listed above, your risk may be considered moderate.	If your VAT volume (in^3) is at or above the level listed above, your risk may be considered very high.

REFERENCES

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BODY FAT PERCENT (%)

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VISCERAL ADIPOSE TISSUE

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