- Body weight

Health

THE BEST BREAKTHROUGH SCIENCE, MADE SIMPLE

BYE BYE, BMI

Experts have been saying for years that BMI isn't an accurate measure of health because it doesn't differentiate between fat and muscle or account for racial and sex differences. Now, research published in the *Journal of the American Heart Association* reveals that a tool known as body roundness index (BRI) – which looks at waist circumference and height and better reflects body fat content – may be an accurate predictor of heart disease risk. Participants with high BRI trajectories over time had a 163 per cent increased risk of heart disease compared to the low BRI trajectory group, and the moderate group had a 61 per cent increased risk. While BRI has some limitations, it could prove to be a valuable tool in assessing heart health.



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