

# BMI alone may not be a sufficient indicator of metabolic health

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Body mass index (BMI) is not a complete measure of metabolic health, and a high proportion of U.S. adults with normal BMI still have obesity, according to research being presented Friday at ENDO 2023, the

Endocrine Society's annual meeting in Chicago, Ill.

The latest research highlights the importance of including what percentage of the body is fat, muscle, bone, and water, and how much fat is in the abdomen vs. the thighs to fully understand drivers for cardio-[metabolic disease](#).

"We show that there are racial/[ethnic differences](#) in body fat, BMI, and body [fat distribution](#) which may provide evidence for future studies to further determine if these differences are possible drivers of the racial disparities seen in cardio-metabolic diseases," said Aayush Visaria, M.D., M.P.H., an internal medicine resident at the Rutgers Robert Wood Johnson Medical School in New Brunswick, N.J.

Visaria and colleagues identified non-pregnant U.S. adults aged 20-59 years from the 2011-2018 National Health and Nutrition Examination Survey (NHANES) with whole body DEXA scan data. Their BMI was categorized by ethnicity (non-Asian: underweight

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