

Body Mass Index Strong Predictor of Mortality (and Health Status)

The Global BMI Mortality Collaboration (2016) Body-mass index and all-cause mortality: individual-participant-data meta-analysis of 239 prospective studies in four continents. Lancet; 388: 776-786

QUOTE BOARD:

"Overweight and obesity are increasing worldwide. To help assess their relevance to mortality in different populations we conducted individual-participant data meta-analyses of prospective studies of body-mass index (BMI), limiting confounding and reverse causality by restricting analyses to never-smokers and excluding pre-existing disease and the first 5 years of follow-up."

"The associations of both overweight and obesity with higher all-cause mortality were broadly consistent in four continents. This finding supports strategies to combat the entire spectrum of excess adiposity in many populations."

"Our results challenge recent suggestions that overweight and moderate obesity are not associated with higher mortality, bypassing speculation about hypothetical protective metabolic effects of increased body fat in apparently healthy individuals."

What You Need to Know:

Being overweight is harmful to your health - period. It is not an issue of value or attractiveness or discrimination, it is a scientifically proven health issue that must be recognized and discussed honestly, compassionately, and logically.

BMI is an easy, convenient, and, when corrected for muscle mass, very accurate measure of healthy vs unhealthy body weight and body fat. BMI is an objective measure of how healthy your lifestyle habits are because BMI is a direct consequence of your lifestyle habits.

What You Need to Do:

The first thing you need to do is to be honest and compassionate and logical with yourself and with others about your current lifestyle habits, your current BMI, and your current health status.

The second thing you must do is evaluate your lifestyle habits against those habits that represent 'Living Right for Your Species Type'.

The third thing you must do is implement changes toward healthy lifestyle choices. If you need help, PLEASE consider enrolling in the Eat Well-Move Well-Think Well® On-Line Innate Lifestyle Plan. Please ask your practitioner or visit www.eatwellmovewellthinkwell.com for more information.