

Pediatric Pathology & Laboratory Medicine

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The BMI is an acronym for Body Mass Index, which is a measure of body fat based on a person's weight in kilograms divided by the square of their height in meters. It is a simple and widely used method of classifying underweight, normal weight, overweight, and obese individuals. The BMI is generally used as a mean of comparison between groups, such as general population and cancer patients, to determine the prevalence of obesity. However, while it is easy to use as a general calculation, it is limited as it does not account for muscle mass and bone density. In children, the data obtained from BMI can be generally used to identify children who are underweight, overweight, or obese. The BMI is used by the WHO as a standard for defining obesity since the early 1980s. The WHO defines a child as underweight if the BMI is less than 15.7, overweight if it is between 15.7 and 19.9, and obese if it is 20 or higher.