

# STAYWELL

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## Body Mass Index (BMI)

Lean body mass, obesity, and health can be calculated several ways. Many of these have weaknesses, but if they are understood they can be helpful in determining health risks. The most common body fat measurement is the Body Mass Index or BMI. It is based on a person's height in relation to his/her weight. This is the standard used by doctors today and is the standard used by the Center of Disease Control (CDC) to track obesity in the United States. One problem with BMI is that anyone who has lifted weights and has more muscle than average will test poorly using this index. Having more muscle increases a person's weight causing his/her score to rise and indicate obesity, when actually the opposite is true. If there is a high risk of stroke, then BMI is a better predictor and should be monitored. However, BMI does not take into consideration where the fat is stored. Where certain types of fat are stored will increase risk for serious health problems such as heart disease, cancer, diabetes, etc. The unhealthiest type of fat is called visceral fat and is the fat that is stored around organs. BMI cannot distinguish where this fat is stored.

## Hip-to-Waist Ratio

According to research, Hip-to-waist ratio appears to be a better indicator of mortality than BMI. Hip-to-waist ratio is easy to use and can be monitored by individuals. It is simply measuring the diameter of the hips compared to the waist. If the waist (abdomen) is less than the hips, there will be less visceral fat and a lower risk of mortality. While the hip-to-waist ratio still doesn't measure actual body fat levels, it is a good indicator of whether there is too much visceral fat.



## Waist Circumference

Waist circumference is another technique for determining abdominal fat that can be effective.

Research shows that a waist circumference greater than 35 inches in women and greater than 40 inches in men is associated with higher cardiovascular disease risk. Waist circumference is also a better risk indicator than BMI.

Research demonstrates that measuring in the exact location is not important. Whether measured at the umbilicus, the midpoint between the lowest rib and the iliac crest, or just above the iliac crest does not matter. All three locations are equally effective. One study showed that all waist circumference landmarks are equally effective in identifying all-cause mortality, cardiovascular disease, and diabetes risk. The key is to measure at the end of exhaling to get the most accurate result.



## Percent Body Fat

Percent body fat test can be more accurate at determining lean mass versus fat mass. There is not a lot of research associated with it in terms of mortality risk. Lower body fat also lowers mortality risk as the other assessments have been proven to show. Below are links to online calculators for each of the three tests, described above.

### Calculators

- <http://www.bmi-calculator.net/>
- <http://www.bmi-calculator.net/waist-to-hip-ratio-calculator/>
- [http://www.checkyourhealth.org/pdf/cyh\\_materials/waist\\_circumference.pdf](http://www.checkyourhealth.org/pdf/cyh_materials/waist_circumference.pdf)

### References

1. <http://www.completecarecardiology.com/waist-to-hip-ratio-and-heart-disease-vs-bmi/>
2. <http://www.livestrong.com/article/403691-bmi-vs-waist-to-hip-ratio/>
3. <https://www.unm.edu/~lkravitz/Article%20folder/waisttohipUNM.html>

# IPSC Health, Wellness, and Safety Fair

## Screenings, Tests, and Classes

### Cholesterol, Metabolic Function, PSA, Glucose, and Blood Pressure Tests

Wednesday, September 6 7 - 10 a.m.

Wednesday, September 13 7 - 10 a.m.

Wednesday, September 20 7 - 10 a.m.

Wednesday, September 27 7 - 10 a.m.

Wednesday, October 4, at IR ONLY 7 a.m.

#### Location: Classroom 102

Active Employees/Spouses/Retirees - All Tests Free!

Contractors - Cost \$20-\$50+/-

#### TESTS

Glucose:	Blood Sugar	BP:	Blood Pressure
PSA:	Prostate-Specific Antigen	Cholesterol:	Blood Cholesterol
Metabolic Function:	Liver/Kidney/Electrolytes	HRA:	Health Risk Appraisal

No food should be ingested for at least 12 hours prior to the screening.

**ONLY water is allowed and is important. STAY HYDRATED!**

**Flu Shots** (if received in time) will be available each Wednesday from 7 a.m. to 10 a.m. in Classroom 102 or by appointment in First Aid.

### Skin Cancer Screening

Brian Gasser, N.P., of Aspen Dermatology

Wednesday, September 20, 7:30-11:30 Brian's office

Appointments are required: [Schedule with Brian Coles](#). We have limited space, so sign up early.

#### Prize Drawings

- Drawings for \$15, \$25, \$50, and \$100 gift certificates will be held each week for those who participate.
- Drawings will be held during each class for \$15, \$25, \$50, and \$100 gift certificates.
- \$400 Drawing. For each event you participate in during the Health Fair, your name will be entered into a drawing. For example, six activities will place your name in the drawing six times.
- There will be a separate drawing for a \$400 gift certificate for all spouses who participate in Health Fair activities.

Activity	Date	Time	Location
Boot Fair	Wed., Sept. 6	7:00 a.m. – 4:00 p.m.	Admin Parking Lot
Class*: <i>Long-Term Care: Planning for the Future</i>	Thurs., Sept. 7	11:00 a.m. and noon	Conf. Room 3
Blood Drive	Tues., Sept. 12	10:00 a.m. – 4:00 p.m.	Conf. Room 4
Class*: <i>Coping With Change</i>	Thurs., Sept. 14	11:00 a.m. and noon	Conf. Room 3
Class*: <i>Avoiding RX Drug Addiction</i>	Tues., Sept. 26	11:00 a.m. and noon	Conf. Room 3
Health Risk Appraisal**	Sept. 3 – Oct. 1	Anytime	Brian Coles' office
Pre-Hunt/Fitness Peak/Invest in Future	3 <sup>rd</sup> Quarter	Anytime	Brian Coles' office

\*Spouses and shift workers may read an article and complete the quiz to have their names entered in class drawings.

\*\*Everyone who completes a PROPERLY FILLED OUT health risk appraisal will have his/her name entered in a drawing.

**Spouses are invited to classes.**