

# UNDERSTANDING YOUR MEASUREMENT RESULTS

### Interpreting the BMI Result

BMI	BMI (Designation by the WHO)	BMI Classification Bar				BMI Rating
		-	0	+	++	
Less than 18.5	- (Underweight)	█				7.0 - 10.7 10.8 - 14.5 14.6 - 18.4
18.5 or more and less than 25	0 (Normal)	█████				18.5 - 20.5 20.6 - 22.7 22.8 - 24.9
25 or more and less than 30	+ (Overweight)	██████████				25.0 - 26.5 26.6 - 28.2 28.3 - 29.9
30 or more	++ (Obese)	██████████████	██████			30.0 - 34.9 35.0 - 39.9 40.0 - 90.0

Source: Values for obesity judgment proposed by WHO, the World Health Organization.

### Interpreting the Body Fat Percentage Result

Gender	Age	Low (-)	Normal (0)	High (+)	Very High (++)
Female	20-39	< 21.0	21.0 - 32.9	33.0 - 38.9	≥ 39.0
	40-59	< 23.0	23.0 - 33.9	34.0 - 39.9	≥ 40.0
	60-79	< 24.0	24.0 - 35.9	36.0 - 41.9	≥ 42.0
Male	20-39	< 8.0	8.0 - 19.9	20.0 - 24.9	≥ 25.0
	40-59	< 11.0	11.0 - 21.9	22.0 - 27.9	≥ 28.0
	60-79	< 13.0	13.0 - 24.9	25.0 - 29.9	≥ 30.0

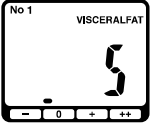
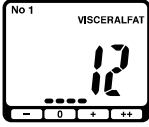
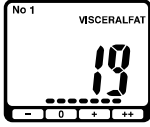
Source: NIH/WHO guidelines for BMI  
Source: Gallagher et al., American Journal of Clinical Nutrition, Vol. 72, Sept. 2000

### Interpreting the Skeletal Muscle Percentage Result

Gender	Age	Low (-)	Normal (0)	High (+)	Very High (++)
Female	18-39	< 24.3	24.3 - 30.3	30.4 - 35.3	≥ 35.4
	40-59	< 24.1	24.1 - 30.1	30.2 - 35.1	≥ 35.2
	60-80	< 23.9	23.9 - 29.9	30.0 - 34.9	≥ 35.0
Male	18-39	< 33.3	33.3 - 39.3	39.4 - 44.0	≥ 44.1
	40-59	< 33.1	33.1 - 39.1	39.2 - 43.8	≥ 43.9
	60-80	< 32.9	32.9 - 38.9	39.0 - 43.6	≥ 43.7

Source: Omron Healthcare

### Interpreting the Visceral Fat Level Result

		
Visceral Fat Level ≤ 9	10 ≤ Visceral Fat Level ≤ 14	Visceral Fat Level ≥ 15
0 (Normal)	+ (High)	++ (Very High)

Visceral fat area (0 - approx. 300 cm<sup>2</sup>, 1 inch=2.54 cm) distribution with 30 levels.  
Source: Omron Healthcare

**NOTE:** Visceral fat levels are relative and not absolute values.