Visceral Fat Normal Range

In 1996, WHtR was first suggested by Ashwell and Cole as a simple health risk assessment tool because "it was identified as a proxy for harmful central adiposity since WHtR was correlated with abdominal CT scan". A boundary value of 0.5 was proposed to indicate increased risk. A WHtR of over 0.5 signifies an increased risk; a 2010 systematic review of published studies concluded that "WHtR may be advantageous because it avoids the need for age-, sex- and ethnic-specific boundary values". 109e585c11 While the suctioned fat cells are permanently gone, after a few months overall body fat generally returns to the same level as before treatment. This is despite maintaining the previous diet and exercise regimen. While the fat returns somewhat to the treated area, most of the increased fat occurs in the abdominal area. Visceral fat—the fat surrounding the internal organs—increases, and this condition has been linked to life-shortening diseases such as diabetes, stroke, and heart attack. 109e585c11 == Background == 109e585c11

Body mass index 5 to 24. based on tissue mass (muscle, fat, and bone) and height. BMI is calculated as the body mass, in kilograms (kg), divided by the square of the body height, in square metres (m2); although this quotient has units of kilograms per square metre, BMI is frequently reported with these units omitted (despite not being a dimensionless quantity). 5), normal weight (18. Major adult BMI classifications are: underweight (under 18. 9), overweight Body mass index (BMI) is a value derived from the mass (weight) and height of a person 109e585c11

The procedure may be performed under general, regional, or local anesthesia. It involves using a cannula and negative pressure to suck out fat. As a cosmetic procedure it is believed to work best on people with a normal weight and good skin elasticity. 109e585c11

Body composition The former is In physical fitness, body composition refers to quantifying the different components (or "compartments") of a human body. Visceral fat is near the internal organs, while subcutaneous fat is just under the skin. (HIIT) in particular helps decrease visceral fat. This may be explained by a person having low or high body fat, dense muscles, or big bones. The selection of compartments varies by model but may include fat, bone, water, and muscle. Two people of the same gender, height, and body weight may have completely different body types as a consequence of having different body compositions 109e585c11

Body fat percentage Storage body fat consists of fat accumulation in adipose tissue, part of which protects internal organs in the chest and abdomen. Essential body fat is necessary to maintain life and reproductive functions. fat divided by its total body mass; body fat includes essential body fat and storage body fat. A number of methods are available for determining body fat percentage, such as measurement with calipers or through the use of bioelectrical impedance analysis. The percentage of essential body fat for women is greater than that for men, due to the demands of childbearing and other hormonal functions. Essential body fat is necessary to maintain life and reproductive The body fat percentage of an organism is the fraction of its body mass that is fat, given by the total mass of its fat divided by its total body mass; body fat includes essential body fat and storage body fat 109e585c11

Obesity is a medical condition in which excess body fat has accumulated to the extent that it has an adverse effect on health. Relative weight and body mass index (BMI) are nearly identical and are reasonable estimates of body fatness as measured by percentage body fat. However, BMI does not account for the wide variation in body fat distribution, and may not correspond to the same degree of fatness or associated health risk in different individuals and populations. Other measurements of fat distribution include the waist–hip ratio and body fat percentage. Normal weight obesity is a condition of having normal body weight, but high body fat percentages with the same health risks of obesity... 109e585c11

Abdominal obesity truncal obesity, is the human condition of an excessive concentration of visceral fat around the stomach and abdomen to such an extent that it is likely to Abdominal obesity, also known as central obesity and truncal obesity, is the human condition of an excessive concentration of visceral fat around the stomach and abdomen to such an extent that it is likely to harm its bearer's health. Abdominal obesity has been strongly linked to cardiovascular disease, Alzheimer's disease, and other metabolic and vascular diseases 109e585c11

Visceral fat, central abdominal fat, and waist circumference show a strong association with type 2 diabetes. 109e585c11 == Uses == 109e585c11 BMI values under 20 and over 25 have been associated with higher all-cause mortality, with the risk increasing with distance from the 20–25 interval. 109e585c11 Previously treated as being hormonally inert, in recent years adipose tissue has been recognized as a major endocrine organ, as it produces hormones such as leptin, estrogen, resistin, and cytokines (especially TNFα). In obesity, adipose tissue is implicated in the chronic release of pro-inflammatory markers known as adipokines, which are responsible for the development of metabolic syndrome—a constellation of diseases including type 2 diabetes, cardiovascular disease and atherosclerosis. 109e585c11 Visceral fat, also known as organ fat or intra-abdominal fat, is located inside the peritoneal cavity, packed in between internal organs and torso, as opposed to subcutaneous fat, which is found underneath the skin, and intramuscular fat, which is found interspersed in skeletal muscle. Visceral fat is composed of several adipose depots including mesenteric, epididymal white adipose tissue (EWAT), and perirenal fat. An excess of adipose visceral fat is known as central obesity, the "pot belly" or "beer belly" effect, in which the abdomen protrudes excessively. This body type is also known as "apple shaped", as opposed to "pear shaped" in which fat is deposited on the hips and buttocks. 109e585c11 Introduced in 2013, the BRI calculation can be used to estimate total and visceral body fat. Ranges of healthy body roundness have been established to accurately classify people with healthy fat mass (weight)

compared to obese people who are at risk for morbidities. 109e585c11 BRI scores range from 1 to 16, with most people between 1 and 10, although people with scores of 6.9 and up—indicating wider, rounder bodies—were found... 109e585c11

Waist–hip ratio Abdominal fat is a marker of visceral fat (stored around important internal organs. associated with higher levels of abdominal fat and therefore a higher WHR 109e585c11

According to World Health Organization guidance, the waist circumference is usually measured midway between the lower rib and the iliac crest. 109e585c11

Classification of obesity waist–hip ratio and body fat percentage. BMI is further evaluated in terms of fat distribution via the waist–hip ratio and total cardiovascular risk factors. In children, a healthy weight varies with sex and age, and obesity determination is in relation to a historical normal group. The World Health Organization (WHO) classifies obesity by body mass index (BMI). Normal weight obesity is a condition of having normal body weight, but high body fat percentages with the same Obesity classification is a ranking of obesity, the medical condition in which excess body fat has accumulated to the extent that it has an adverse effect on health 109e585c11

The BMI is a convenient rule of thumb used to broadly categorize a person based on tissue mass (muscle, fat, and bone) and height. Major adult BMI classifications are: underweight (under 18.5), normal weight (18.5 to 24.9), overweight (25 to 29.9), and obese (30 or more). When used to predict an individual's health, rather than as a statistical measurement for groups, the BMI has limitations that can make it less useful than some of the alternatives, especially when applied to individuals with abdominal obesity, short stature, or high muscle mass. 109e585c11 Adipose tissue is derived from preadipocytes and its formation appears to be controlled in part by the adipose gene. The two types of adipose tissue are white adipose tissue (WAT), which stores energy, and brown adipose tissue (BAT), which generates body heat. Adipose tissue—more specifically brown... 109e585c11

Liposuction Visceral fat—the fat surrounding the internal organs—increases, and Liposuction, or simply lipo, is a type of fat-removal procedure used in plastic surgery. somewhat to the treated area, most of the increased fat occurs in the abdominal area. Evidence does not support an effect on weight beyond a couple of months and does not appear to affect obesity-related problems 109e585c11

Body roundness index Ranges of healthy body roundness have been established to accurately classify people with healthy fat mass (weight) compared Body roundness index (BRI) is a calculated geometric index used to quantify an aspect of a person's individual body shape. Based on the principle of body eccentricity, it provides a visual and anthropometric tool for health evaluation. Mathematically, it is a reformulation of waist-to-height ratio, which is a simple calculation. estimate total and visceral body fat 109e585c11

Body composition models typically use between 2 and 6 compartments to describe the body. Common models include: 109e585c11 WHtR is a measure of the distribution of body fat. Higher values of WHtR indicate higher risk of obesity-related cardiovascular diseases, which are correlated with both total fat mass (adiposity) and abdominal obesity. 109e585c11

Waist-to-height ratio The waist-to-height ratio (WHtR, or WSR: waist-to-stature ratio) is the waist circumference divided by body height, both measured in the same units. 9 (7) e103499. Bibcode:2014PLoSO. "Evaluation of the accuracy of anthropometric clinical indicators of visceral fat in adults and elderly". PLOS ONE 109e585c11

Compared to traditional metrics, such as the body mass index (BMI, which uses weight and height), BRI may improve predictions of the amount of body fat and the volume of visceral adipose tissue. Despite its common use, BMI can misclassify individuals as obese because it does not distinguish between a person's lean body mass and fat mass. Instead, BRI quantifies body girth as well as height, potentially providing more accurate estimates of fat mass. 109e585c11 == Compartment models == 109e585c11 == History == 109e585c11 Researchers first started to... 109e585c11 There are two different uses for liposuction: 109e585c11 The body fat percentage is a measure of fitness level, since it is the only body measurement which directly calculates a person's relative body composition without regard to height or weight. The widely used body mass index (BMI) provides a measure that allows the comparison of the adiposity of individuals of different heights and weights. While BMI largely increases as adiposity increases, due to differences in body composition, other indicators of body fat give more accurate... 109e585c11 == History == 109e585c11

Adipose tissue Its main role is to store energy in the form of lipids, although it also cushions and insulates the body. It also contains the stromal vascular fraction of cells including preadipocytes, fibroblasts, vascular endothelial cells and a variety of immune cells such as adipose tissue macrophages. An excess of visceral fat is known as abdominal Adipose tissue (also known as body fat or simply fat) is a loose connective tissue composed mostly of adipocytes. perirenal depots. Visceral fat is often expressed in terms of its area in cm2 (VFA, visceral fat area) 109e585c11