# Body Mass Index (BMI) is a Popular Anthropometric Tool to Measure Obesity Among Adults

**Arjun Patil[1] and Dipesh A Thali[2]**
Assistant Professor and Head Department of IT[1]
Student, P.G. Department of IT[2]
Veer Wajekar ASC College, Phunde, Uran

**Abstract:** *This paper tries to discuss aspects of Body Mass Index (BMI) that represents an index of body fat content in human, and is extensively used worldwide to measure different grades of obesity. BMI is simple, inexpensive and non-intrusive method of screening for weight categories. It is directly related to various morbidity and premature mortality in many nations irrespective of age, sex, social status, and ethnicity. This study also tries to show some drawbacks of body mass index that arise due to gender, age, social status, and ethnic differences; and also for confidence on self-reported values of weight and height for BMI measurement. At present underweight, overweight, obesity, physical inactivity, and unhealthy eating habits are all responsible for the various non-communicable diseases. The aim of the study is to discuss aspects of BMI in brief.*

**Keywords**: Body mass index, underweight, overweight, obesity