Don’t let the Weight Wreck Your Self-Esteem!
BMI vs Body Shape Index (ABSI)

Body Mass Index (BMI)

- Has been used to give an idea about whether people are overweight or underweight for over 100 years
- A BMI of between 18.5 and 24.99 is considered healthy, but some people are healthy with other BMIs
- Other solutions have been offered, such as a new way to calculate BMI, measuring fat, or using waist-to-height ratio
- The current BMI calculator divides a person’s weight by their height to the power of 2, or squared:
  \[ \text{BMI} = \frac{\text{weight (kg)}}{\text{height}^2} \]

Body Shape Index (ABSI)

- Is a metric for assessing the health implications of a given human body height, mass and waist circumference
- Expresses the excess risk from high WC (waist circumference) in a convenient form that is complementary to BMI and to other known risk factors.
- A high ABSI appears to correspond to a higher proportion of central obesity, or abdominal fat.
- ABSI calculator:
  - https://www.absi-calculator.com/
- In young and otherwise healthy sedentary men ABSI is a better predictor than BMI of variability in biochemical parameters, which may indicate disturbed metabolic processes

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Sources:
- https://www.nationaleatingdisorders.org/
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4355423/
- https://www.cdc.gov/healthyweight/assessing/bmi/
Why You Should Look Beyond that Numerical Weight-Loss Goal?

A new study in the *Journal of Nutrition Education and Behavior* found that women who weigh themselves more often are also more likely to be concerned with their own weight, have a more negative body image, lower self-esteem, and higher likelihood of depression.

"You have to start thinking about health as a feeling versus something that can be measured. That feeling of having energy, being positive, appreciating and valuing your body, is the goal and ambition you should be working towards."

Bodies come in all different shapes and sizes. That’s part of what makes each of us unique.

COME AS YOU ARE: Hindsight is 2020
#NEDAwareness, #ComeAsYouAre
https://www.nationaleatingdisorders.org/get-involved/nedawareness

Know the Numbers

Help Lines for Eating Disorders
Greece

1. 18 ANO (Department of Eating Disorders)
   210 6448980, net18ano@gmail.com

2. ANASA (Day Center for people with Eating Disorders)
   210 9234904

3. Greek Center for Eating Disorders
   2108003493, https://www.hcfed.gr/

4. Eating Disorders Unit, Eginition Hospital
   210 7289142, 72 Vassilissis Sofias Ave., Athens 115 28

Globally

1. National Eating Disorders Association (NEDA)
   (800) 931-2237
   https://www.nationaleatingdisorders.org/help-support

   Eating Disorder Screening Tool (NEDA)
   If you’re concerned about yourself or a loved one, this short, confidential screening can help determine if it’s time to seek professional help.
   https://www.nationaleatingdisorders.org/screening-tool

2. Beat Eating disorders
   https://www.beateatingdisorders.org.uk/support-services/helplines

   "Body positivity can feel like pressure"