

Moving Beyond BMI

A More Reliable Measure for Personalized Treatment

Current Clinical Guidelines

A New Clinical Approach to Obesity



Use BMI (weight/height) to classify individuals as either underweight, normal, overweight or obese. However, this method overlooks critical factors/conditions.¹



Not a direct measure of fat.¹



Does not establish the distribution of fat around the body.¹



Cannot determine when excess body fat is a health problem.¹

Based on The Lancet Diabetes and Endocrinology publication¹

Preclinical obesity

✓ Excess body fat¹

✗ No signs or symptoms of organ dysfunction¹

Clinical obesity

✓ Excess body fat¹

✓ Organ impairment or metabolic abnormalities¹

More scalable, timely and precise classification system.

Real-World Impact: Applying the New Framework to Our Users

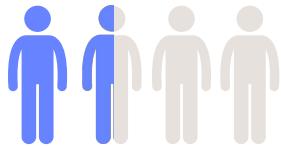
Withings conducted an extensive analysis to analyze the impact of those new guidelines on its users:

Over 15 years of body composition assessment

3.4 million Withings users' BMI data analyzed

Users aged between 20 and 79 years old

Individuals with Undetected Risks



38.4%

of people previously classified as "overweight" have unhealthy fat. Further screenings for organ dysfunction and metabolic disease are advised.



2%

of users with a "normal" BMI have high body fat percentages and may face hidden metabolic risks.

False Alarms in Risk Assessment



38.2%

of Withings users previously classified as obese or overweight are now considered not clinically obese nor preclinically obese under the new guidelines.



6%

of users classified as "obese" by BMI show low health risks and would not be considered obese under the new guidelines.

Redefining Clinical Obesity with Withings Scales

By shifting the clinical focus to fat distribution and visceral fat, healthcare professionals can significantly improve diagnostic accuracy, reduce treatment disparities, and correct for sex- and ethnicity-based biases. Utilizing home-based connected devices, such as Withings' body composition scales, empowers both physicians and users to tailor treatments and health behaviors effectively.



Discover how **Body Pro 2 revolutionizes body composition analysis.**

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¹. Diagnosing clinical obesity. <https://www.thelancet.com/infographics/do/clinical-obesity-25>. Accessed: Feb 2025

Want to know more?

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