

# MYTH-BUSTERS

Body Mass Index (BMI) where you measure your height by your weight is the best predictor of one's physical health.

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**FALSE**

The difference between actual and desired body weight is a stronger predictor of both mental and physical health than BMI.

Some of the health effects attributed to obesity are related to the way we view our bodies.

(Source: American Journal of Public Health, 2008)

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A “normal” BMI will always be the best predictor of life expectancy.

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## FALSE

A study of 100,000+ Danish citizens\* showed that over the course of 37-years, the BMI associated with lowest “all-cause mortality” shifted from normal to overweight (from 23.7 to 27).

\*Note: All study participants were white.

(Source: The Journal of the American Medical Association, 2016)

For people 55 and older, another study showed overweight and obesity both confer a significant decreased risk of mortality.

(Source: Nutrition Journal, 2011)

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Teens who believe they are overweight are at a greater risk for depression and mental health concerns than those who do not.

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TRUE

High school students who classify themselves as overweight (perceived or real) are at a greater risk for depression and suicide attempts.

(Source: Science Daily, 2009)

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Evidence shows that people who are fat make less money than their colleagues who are thin.

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## TRUE

A study of 11,000+ German workers and 12,000+ American workers found that thin women made more than fat women for the same position, and men of “moderate weight” made more than thin men or fat men for the same position.

(Source: Forbes, 2011)



# MYTH-BUSTERS

The strongest associated risk factor for Type 2 diabetes is diet.

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**FALSE**

Increasing evidence suggests that the strongest associated risk factor for Type 2 diabetes is poverty.

(Source: Nutrition Journal, 2011)

# MYTH-BUSTERS

HR studies show that fat people are less likely to be recommended for management positions, and face-to-face customer positions, than thinner people.

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## TRUE

Hiring studies that used either physical descriptions, photos, or manipulated video footage of job candidates found that fat people were selected less often for jobs in general, less often for management positions, and were steered into back-office work.

(Source: Obesity Research, 2012)

# MYTH-BUSTERS

People who are classified as “obese” receive the same medical care as people who are classified as “normal” body weight.

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## FALSE

A survey of nurses found that 48% of respondents said they were uncomfortable caring for an obese person and 31% said they would prefer not to care for an obese person.

The same study found that BMI is significantly related to medical appointment cancellations and people delaying care to avoid fat stigma.

(Source: Obesity Research, 2012)