

Metabolism - A Balancing Act

- **Ethical Scenario Questions (step 5)**

- To ease Rae's worries concerning her classification as overweight, I would remind her of the flaws of BMI and her very healthy lifestyle. The BMI cannot accurately measure someone's fat by comparing their weight and height. It doesn't take into account muscle mass, which is significantly more dense than fat. Rae is most likely not overweight, she simply may have more muscle mass because of her frequent physical activity.
- The BMI cannot be the sole indicator of health, because it disregards diet, physical activity, muscle mass, and more. It only takes into account one's height and weight. Thus, it cannot accurately measure health and classify them as underweight, healthy, overweight, or obese. It may classify someone like Rae, with more muscle, as overweight when they are perfectly healthy.
- Health care professionals should take age, medical history, and health conditions into account when advising a patient about weight, fitness, and overall health. These can cause a big difference between the recommendations given to one patient versus another.