



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

### Body Mass Index (BMI)

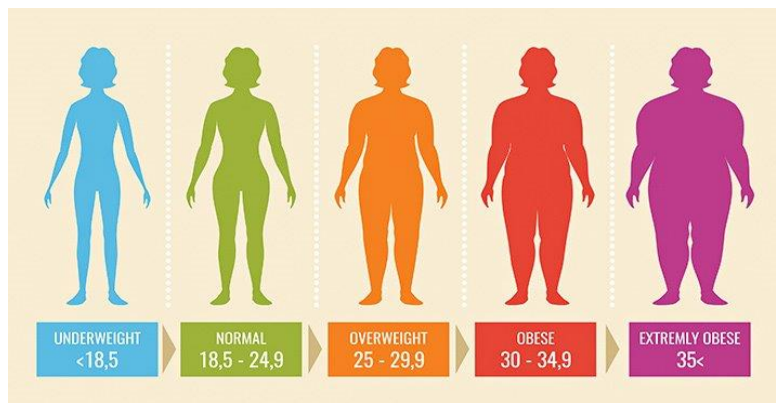
- Has been used to give an idea about whether people are overweight or underweight for over 100 years
- A BMI of between 18.5 and 24.99 is considered healthy, but some people are healthy with other BMIs
- Other solutions have been offered, such as a new way to calculate BMI, measuring fat, or using waist-to-height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

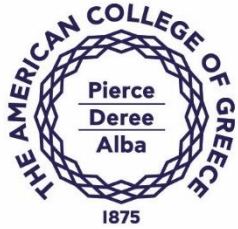
$$\text{BMI} = \text{weight (kg)} / \text{height } 2$$

VS

### 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





## Know the Facts

### 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>

## Health



## Know the Numbers

### Help Lines for Eating Disorders Greece

1. 18 ANO ( Department of Eating Disorders)  
210 6448980, [net18ano@gmail.com](mailto: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"*