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Emily
25 Years | Female

Date of Report : April 28, 2025

Recommendations

Maintain healthy habits

Summary

NormalModerate RiskHigh Risk

Obesity Classification

Metabolic Risk Score

A Body Shape Index (ABSI)

HOMA-IR Analysis

Visceral Adiposity Index (VAI)

Provided Information

Weight	Height	Race/Ethnicity	Waist Circumference	Hip Circumference	Triglycerides	HDL	Glucose	HbA1c	Insulin
60kg	168cm	Asian	75cm	90cm	95mg/dL	60mg/dL	85mg/dL	5mmol/mol	7mU/L

Details

Obesity Classification (BMI, Waist-to-Height Ratio, and Health Factors)

No Obesity

You

Pre-Clinical Obesity

Clinical Obesity

You show no major indicators of metabolic risk, but the Waist-to-Height Ratio is greater than 0.5, indicating potential risk from visceral fat despite your normal classification.

Clinical Interpretation:
Your BMI falls within the normal range for an Asian female (18.5-23). However, your Waist-to-Height Ratio exceeds 0.5, which may indicate central fat accumulation and increase the likelihood of developing metabolic disorders. The presence of any pre-existing metabolic conditions, such as diabetes or hypertension, may further elevate your health risk profile. Maintaining healthy habits is recommended to mitigate these risks.

A Body Shape Index (ABSI) Analysis

Low Risk

You

Moderate Risk

High Risk

0

0.080

0.075

0.085

...

ABSI's measures the ratio of waist circumference to height, which is a marker for visceral fat accumulation. A value below 0.08 indicates low risk, while values above 0.10 indicate high risk. Your ABSI value of 0.075 falls within this range, indicating a low risk for visceral fat accumulation and cardiovascular disease. The assigned risk level signifies a lower risk for all-cause mortality. Maintaining healthy habits is recommended to further reduce the risk of developing metabolic disorders.

Visceral Adiposity Index (VAI) Analysis

Low Risk

Moderate Risk

You

High Risk

0

1.73

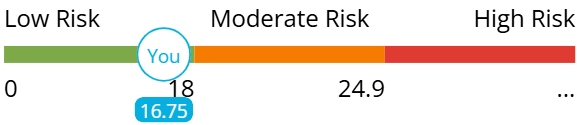
2.11

4.81

..

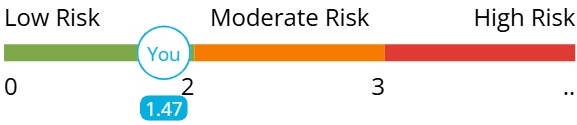
Based on the provided Visceral Adiposity Index (VAI) score of 4.81, You have been classified as High Risk. This indicates a higher likelihood of metabolic complications associated with visceral fat accumulation. It is essential to maintain healthy habits and consider lifestyle modifications to reduce your risk of developing related health issues.

Metabolic Risk Score Evaluation



You have a low metabolic risk score, indicating a lower burden of metabolic disorders such as type 2 diabetes and cardiovascular disease. However, maintaining healthy habits is still recommended to prevent the development of these conditions.

Homeostasis Model Assessment of Insulin Resistance (HOMA-IR) Analysis



Your HOMA-IR value of 1.47 falls within the normal range, indicating good insulin sensitivity.

Follow-up and Monitoring Plan

Dietary recommendations

Maintain a balanced diet with adequate protein (0.8-1 gram/kg body weight), moderate carbohydrates (45-65% of total calories), and healthy fats (20-35% of total calories). Include lean protein sources, whole grains, fruits, vegetables, and healthy fats like nuts and avocados.

Exercise plans

Aim for at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity aerobic exercise per week. Incorporate strength training exercises at least twice a week to build muscle mass and boost metabolism.

Weight management strategies

Focus on portion control, mindful eating, and regular physical activity. Aim for a daily caloric deficit of 500-1000 calories to promote weight loss. Consider keeping a food diary to track eating habits and identify areas for improvement.

Lifestyle adjustments

Practice stress-reducing techniques like meditation, yoga, or deep breathing exercises. Establish a consistent sleep schedule (7-8 hours per night) and create a relaxing bedtime routine to improve sleep quality. Aim for 7-9 hours of sleep each night.

Final Note

You have a low metabolic risk score, indicating a lower burden of metabolic disorders such as type 2 diabetes and cardiovascular disease. However, maintaining healthy habits is still recommended to prevent the development of these conditions. Your VAI score indicates a higher likelihood of metabolic complications associated with visceral fat accumulation, but your ABSI value suggests a low risk for visceral fat accumulation and cardiovascular disease. Maintaining healthy habits and considering lifestyle modifications are essential to reduce your risk of developing related health issues.

Disclaimer: This is an AI-generated report based on the provided health data and is for informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Please consult a qualified healthcare professional for expert evaluation and medical guidance. If you experience any concerning symptoms, seek medical attention promptly.