

Health Monitor GMON

„INDICATE Health Risks – RATE professionally – REACT prophylactically”

Explanation to Register Body Values / Body Fat



The body fat percentage is the percentage of body fat in relation to total weight and is shown generally as a percentage (%).

Fats are generally water insoluble, organic compounds soluble in organic solvents. They are essential for a healthy body. Body fat protects organs, cushions joints, controls temperature, stores vitamins and acts as an energy store for the body.



Too much body fat can lead to adverse effects in terms of health, i.e. blood pressure, heart disease and diabetes! Obesity, i.e. values outside the healthy body fat range lead to a significantly higher risk of health problems associated with obesity.



In terms of fat consumption, a distinction is made between fats containing saturated fatty acids and mono and poly unsaturated fats. Nutritional scientists recommend that the consumption of saturated fat should not exceed 33% of the total fat consumed, the largest percentage should be from mono or polyunsaturated fats.

Changes in body fat are assigned with signal colours in the [graphic depiction](#) to display the qualitative changes in health risks.



- (A) Classification according to age and gender.
- (B) Classification for children and young people.
- (C) Asian classification according to age and gender.
- (D) Asian classification for children and young people.



Gallagher et al. Healthy percentage body fat ranges: an approach for developing guidelines based on body mass index. *Am J Clin Nutr* 72 (2000).

Jebb S et al. Neue Körperfett-Bezugskurven für Kinder. *Obesity Research* 12 (2004), A156-157.

Sakamoto Y et al. Comparison of the WHO BMI-classification and body composition in ethnic group differences. 24th Japan Society for the Study of Obesity 2003.

Miyama T et al. New percentage body fat ranges for children. 59th The Japanese Society of Physical Fitness and Sports Medicine 2004.



Lipids: <Greek 'lipos' – 'fat'> Fats and fat-like substances occurring in all living organisms

Saturated fatty acids: Fatty acids without a double bond. Saturated fatty acids increase the level of low-density lipoprotein. Energy intake from saturated fats should account for between 7% and 10% maximum of total energy intake.



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(A/Women) Classification

Classification	Traffic light colour	20 – 39 years	40 – 59 years	60 – 79 years
low	yellow	< 21%	< 23%	< 24%
good	green	21% - 33%	23% - 34%	24% - 36%
increased	yellow	33% - 39%	34% - 40%	36% - 42%
high	red	> 39%	> 40%	> 42%

(A/Men) Classification

Classification	Traffic light colour	20 – 39 years	40 – 59 years	60 – 79 years
low	yellow	< 8%	< 11%	< 13%
good	green	8% - 20%	11% - 22%	13% - 25%
increased	yellow	20% - 25%	22% - 28%	25% - 30%
high	red	> 25%	> 28%	> 30%

(B/female) Classification for Children and Young People

	low	good	increased	high
Traffic light colour	yellow	green	yellow	red
7 years	< 15%	15% - 25%	25% - 29%	> 29%
8 years	< 15%	15% - 26%	26% - 30%	> 30%
9 years	< 16%	16% - 27%	27% - 31%	> 31%
10 years	< 16%	16% - 28%	28% - 32%	> 32%
11 - 13 years	< 16%	16% - 29%	29% - 33%	> 33%
14 - 16 years	< 16%	16% - 30%	30% - 34%	> 34%
17 years	< 16%	16% - 30%	30% - 35%	> 35%
18 years	< 17%	17% - 31%	31% - 36%	> 36%
19 years	< 19%	19% - 32%	32% - 37%	> 37%

(B/male) Classification for Children and Young People

	low	good	increased	high
Traffic light colour	yellow	green	yellow	red
7 years	< 13%	13% - 20%	20% - 25%	> 25%
8 years	< 13%	13% - 21%	21% - 26%	> 26%
9 years	< 13%	13% - 22%	22% - 27%	> 27%
10 -12 years	< 13%	13% - 23%	23% - 28%	> 28%
13 years	< 12%	12% - 22%	22% - 27%	> 27%
14 years	< 12%	12% - 21%	21% - 26%	> 26%
15 years	< 11%	11% - 21%	21% - 24%	> 24%
16 - 18 years	< 10%	10% - 20%	20% - 24%	> 24%
19 - 20 years	< 9%	9% -20%	20% - 24%	> 24%

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Explanation to Register Body Values / Body Fat

(C/Women) Asian Classification

Classification	Traffic light colour	18 – 39 years	40 – 59 years	60 years and more
low	yellow	< 21%	< 22%	< 23%
good	green	21% - 35%	22% - 36%	23% - 37%
increased	yellow	35% - 40%	36% - 41%	37% - 42%
high	red	> 40%	> 41%	> 42%

(C/Men) Asian Classification

Classification	Traffic light colour	18 – 39 years	40 – 59 years	60 years and more
low	yellow	< 11%	< 12%	< 14%
good	green	11% - 22%	12% - 22%	14% - 25%
increased	yellow	22% - 27%	22% - 28%	25% - 30%
high	red	> 27%	> 28%	> 30%

(D/female) Asian Classification for Children and Young People

	low	good	increased	high
Traffic light colour	yellow	green	yellow	red
6 years	< 8%	8% - 25%	25% - 29%	> 29%
7 years	< 9%	9% - 25%	25% - 30%	> 30%
8 years	< 10%	10% - 26%	26% - 31%	> 31%
9 years	< 10%	10% - 28%	28% - 32%	> 32%
10 years	< 11%	11% - 29%	29% - 33%	> 33%
11 years	< 13%	13% - 31%	31% - 35%	> 35%
12 years	< 14%	14% - 32%	32% - 36%	> 36%
13 years	< 15%	15% - 34%	34% - 38%	> 38%
14 years	< 17%	17% - 35%	35% - 39%	> 39%
15 years	< 18%	18% - 36%	36% - 40%	> 40%
16 years	< 19%	19% - 37%	37% - 41%	> 41%
17 years	< 20%	20% - 37%	37% - 41%	> 41%

(D/male) Asian Classification for Children and Young People

	low	good	increased	high
Traffic light colour	yellow	green	yellow	red
6 – 7 years	< 7%	7% - 25%	25% - 30%	> 30%
8 – 11 years	< 7%	7% - 26%	26% - 30%	> 30%
12 – 13 years	< 7%	7% - 25%	25% - 30%	> 30%
14 years	< 7%	7% - 25%	25% - 29%	> 29%
15 years	< 8%	8% - 24%	24% - 29%	> 29%
16 years	< 8%	8% - 24%	24% - 28%	> 28%
17 years	< 9%	9% - 23%	23% - 28%	> 28%

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