



## Fatness Index in Economics

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**Abstract:** *The world has become very rich over past 100 years or so. But one area in which the world is becoming worse off is in increasing obesity and overweight. Now perhaps it is because of prosperity that people are eating and more and are having more sedentary life style. But obesity and overweight is something we could do without. But unless we measure something, we cannot do something. It is important to measure how fatness varies between nation and in a nation over a period of time. This paper introduces concept of fatness index.*

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### I. Introduction

Being overweight is responsible for at least 20% of health problems of humanity. Besides the cosmetic damage excess weight has impacts life quality adversely in many ways.

Hence it is incumbent to measure fatness levels in a nation, so that nations are warned about levels of fatness and can do something about it – exercise and diet.

This paper proposes nations have a fatness index, just as they have human development index and happiness index.

#### Fat Percentage

How do you measure if someone is overweight or obese?

Of course one way is to have weight to height chart. But then that really give a range and does not give an absolute figure.

Usually doctors and people in have something called BMI.

$BMI = \text{Weight in Kilograms}/(\text{Height in Metres})^2$

And the BMI is something that has to be between 19 to 25 for normal weight.

The trouble with BMI is that a person with heavy body frame may be classified as fat even if he is not or a person with small body frame may be mistaken to be slim even if he is actually fat.

Hence the best way to measure fatness of a person is fat percentage. Now men should have a fat percentage between 10 to 20% and women should have fat percentage between 20 to 30%.

The best way to measure fatness of a nation is to measure fatness of sample of population and get weighted average. This should include 50% men of all age groups evenly distributed and 50% women of all age groups.

The fat percentage of evenly distributed random sample will constitute fatness index.

## **II. Conclusion**

Fatness Index of all nations have to be estimated and compared across time to enable policy formulation for a nation.