



## Adipose Tissue Macrophage Populations are Reshaped by Adipocyte Zag, which Reduces Insulin Resistance Caused by Obesity

Jiansu Chen\*

Department of Cardiology, Wuhan University, China

### INTRODUCTION

The body fat percentage, or the ratio of a person's total weight to their body weight, is the most common metric used in academic circles to measure obesity. The BF% is only approximated using BMI. Women's and men's obesity levels are generally considered to be above 32% and 25%, respectively. BMI does not take into account individual differences in lean body mass, particularly muscle mass. People who exercise a lot or play sports may have high BMI values despite having little fat. For instance, the BMI metric indicates that one in four NFL players are "extremely obese" and that more than half of NFL players are "obese." However, their mean body fat percentage, which is 14%, is well within healthy limits.

### DESCRIPTION

Similarly, Sumo wrestlers may be labelled "severely obese" or "very severely obese" based on their Body Mass Index (BMI), but when body fat percentage is taken into account, many of them do not fall under this category. Some Sumo wrestlers had BMI values that were higher than those of a non-Sumo comparison group due to their high levels of lean body mass. Numerous health issues are linked to obesity. One example is type 2 diabetes. Women with BMIs greater than 35 are 93 times more likely to develop diabetes. An obese mother's unborn child is more likely to be unhealthy. The place on the body where excess fat is stored is linked to risk. The abdominal obesity is particularly harmful. Some people believe that the idea that obesity is bad for health is not completely true and has been overstated. One example is J. Eric Oliver. The title of his book is "Fat Politics: The Truth about the Obesity Crisis in America". There is evidence to back up this belief. According to

the Centers for Disease Control and Prevention in 2003, being overweight was the cause of 400,000 deaths in the year 2000. They said in 2004 that the number was wrong.

A 2013 review of scientific papers found that obesity in Grade 1 is not linked to more deaths. Mortality rates are significantly higher in students in grades 2 and 3. It has been hypothesized that obesity is connected to mortality because obesity is linked to mortality in grades 2 and 3. A 29% increased risk of death is linked to obesity in grades 2 and 3. Researchers and advisory organizations most frequently discuss this topic using BMI. Different ethnic groups have different ideas about what it means to be overweight. According to the current definition proposed by the World Health Organization and the United States National Institutes of Health, whites, Hispanics, and blacks with a BMI of 25 or more are considered obese. For Asians, obesity is defined as a BMI of 30 or higher, while for all other groups, obesity is defined as a BMI of 23 to 29.9. However, BMI does not take into account extreme muscle mass, some unusual genetic factors, infants, or a few other individual variations. As a consequence of this, individuals whose Body Mass Index (BMI) is less than 25 may still have excess body fat, whereas others may have a BMI that is significantly higher and do not fall into this category.

### CONCLUSION

Some of the aforementioned methods for determining body fat are more accurate than BMI, despite the fact that they are less convenient to measure. Problems with one's health can be brought on by being overweight or having too much body fat. However, it has been reported that people with a BMI between 24 and 31.9 may actually benefit from it and live longer than those who are normal weight or underweight.

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**Corresponding author** Jiansu Chen, Department of Cardiology, Wuhan University, China, E-mail: chen\_jia@gmail.com

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