B”SD

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**ABSI and Body Composition and Genetics**

**ABSI references to 3/24:**[**https://drjessekrakauer.com/absi.html**](https://drjessekrakauer.com/absi.html)

**https://en.wikipedia.org/wiki/Body\_shape\_index**

**ABSI = WC weight-2/3height5/6 = WC/(BMI2/3height1/2)**

**Krakauer, N.Y.; Krakauer, J.C. Association of X-ray Absorptiometry Body Composition Measurements with Basic Anthropometrics and Mortality Hazard. Int. J. Environ. Res. Public Health 2021, 18, 7927.**

**Annotation: This study brings together allometric anthropometrics and body composition.  Remarkably, directly measured body composition parameters such as %fat can be accurately predicted from height, BMI and ABSI, and overall mortality risk is better predicted by anthropometrics than by body composition.  However, both low limb non-fat tissue (skeletal muscle) and high trunk non fat tissue (perhaps a marker of enlarged internal organs) predict mortality.  The allometric methods in this paper allow combination of body composition and anthropometrics to better estimate mortality risk**

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