

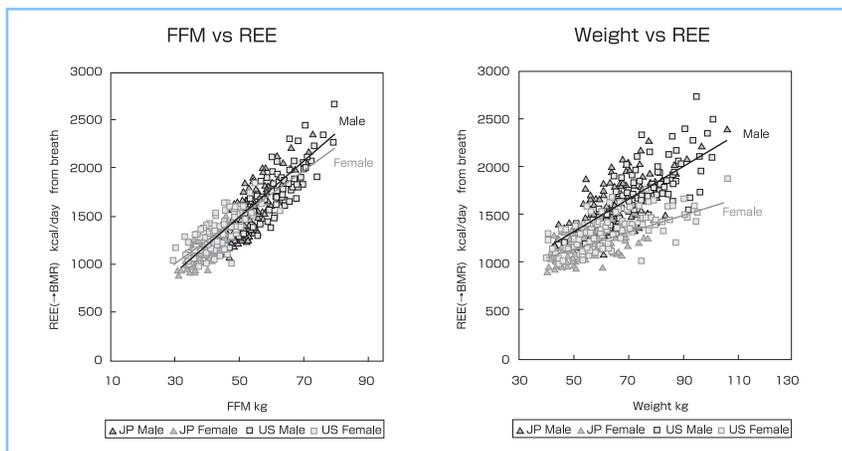
Tanita Technical Bulletin: Regression Formula for Basal Metabolic Rate (BMR)

It has long been said among medical and nutritional specialists that “The Basal Metabolic Rate (BMR) is more determined by the Fat Free Mass (FFM) than by the body weight” (Persons of a given body weight with a higher FFM will have a higher BMR), and that from the aspect of evaluating the body composition, should be estimated from the FFM. In addition, in cases of simple estimation formulae which can calculate from the height, weight and age, without evaluating the body composition, there was a problem with excessively high evaluations being given to obese persons with large body weight, and conversely excessively small BMR evaluations given to muscular athletes, though these are not as many in number.

Currently, the BMR estimation recursion formula developed by Tanita, the manufacturer of body composition analyzers, based on their research, works by multiple regressive analysis using this FFM, and has a higher degree of accuracy in the individual differences in body composition. In order to derive the BMR, resting respiratory metabolism (Resting Energy Expenditure: REE) was measured using a breath gas analysis device, and this estimation recursion formula was created based on this data.

<Figure 1> The Relationship Between Resting Energy Expenditure (REE) According to Breath Gas Analysis and Weight, FFM (Presented at Nutrition Week, Held in San Diego in 2002)

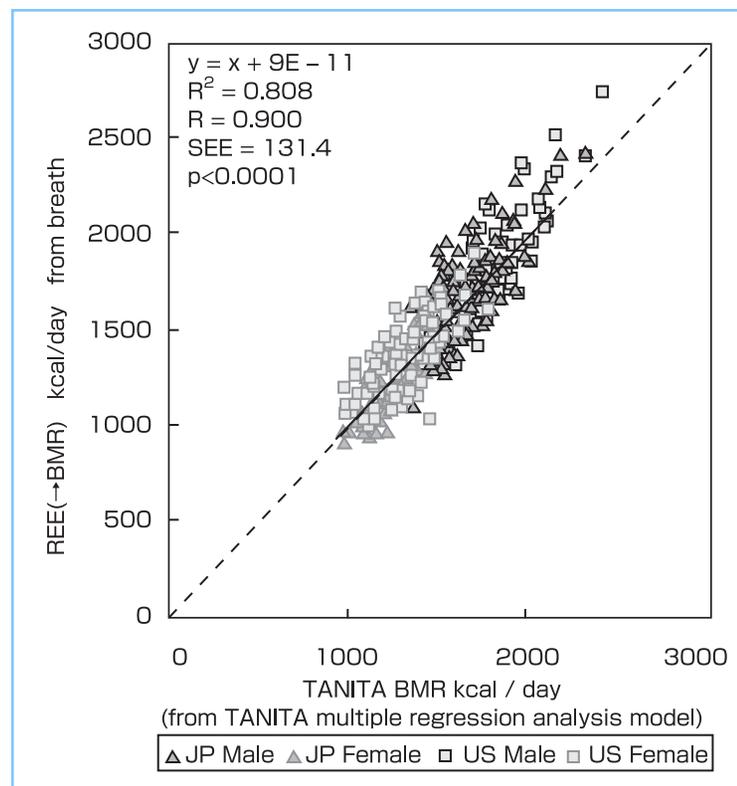
As shown in Figure 1: the REE (BMR) has a stronger relationship to the FFM than to body weight, and a difference is visible between males and females in the distribution trends. We see that in principle that we should calculate from the FFM rather than by the old formula centred on the relationship with weight.



<Figure 2> Comparison of BMR Values from the TANITA Multiple regression model and Breath Analysis (Presented at Nutrition Week Held in San Diego in 2002)

The current BMR retrogression formula is a formula which acts on the principle of using the FFM value from the results of body composition measurement according to the BIA, A good relationship is shown in the BMR value based on actual breath analysis REE or $R=0.9$ ($p<0.0001$). These results were presented at the First Annual Nutrition Week (American College of Nutrition, American Society for Clinical Nutrition, American Society for Parenteral and Enteral Nutrition, North American Association for the Study of Obesity) held in 2002 in San Diego.

NOTE: This model has been calibrated for those between ages of 18-84. Those individuals outside of this age range may not be obtain accurate readings.



TANITA

2625 S. Clearbrook Drive / Arlington Heights, IL 60005
 Phone: 847-640-9241 / Fax: 847-640-7978
 E-mail: 4health@tanita.com / Web: www.Tanita.com

THE STANDARD