What does my score mean?
Compare your scores with the following table:

<table>
<thead>
<tr>
<th>Assessment</th>
<th>20 – 39 years</th>
<th>40 – 59 years</th>
<th>60 – 79 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>&lt; 21%</td>
<td>&lt; 23%</td>
<td>&lt; 24%</td>
</tr>
<tr>
<td>Healthy</td>
<td>21% - 33%</td>
<td>23% - 34%</td>
<td>24% - 36%</td>
</tr>
<tr>
<td>Increased</td>
<td>33% - 39%</td>
<td>34% - 40%</td>
<td>36% - 42%</td>
</tr>
<tr>
<td>High</td>
<td>&gt; 39%</td>
<td>&gt; 40%</td>
<td>&gt; 42%</td>
</tr>
</tbody>
</table>

Table: Body fat percentage ranges (Women)

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

Body Fat
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.

Fats are important carriers of flavour in many foodstuffs. This is also a reason why we like eating them. However, if too much fat is consumed from food i.e. more than the body’s energy requirements, it will be stored in the body in greater quantities.

Body fat is a complex area of human physiology. In its simplest terms you have 2 types of abdominal fat:

**Subcutaneous fat** (more concern to patients due to outward visibility) is adipose tissue that lies superficial and close to the skin. Characteristics are:
- Outwardly visible
- Less metabolically active
- Less easily broken down

**Visceral fat** (more concern to physicians due to associated significant health risks) is adipose tissue that lies around the central organs (the viscera). Generally, visceral fat is considered a lot more harmful to health than subcutaneous fat as it affects the viscera and causes conditions such as diabetes mellitus and heart disease. Characteristics are:
- Not outwardly visible
- More metabolically active
- Breaks down quickly in order to be mobilised

How to reduce risk
It is not possible to specifically target an area of your body for weight loss as fat will come off everywhere when you lose weight. Luckily, the abdomen is the first place that fat loss occurs. A reduction of 5% to 10% of body weight can result in a reduction of 10% to 30% of abdominal fat. It is generally accepted that visceral fat reduces at a greater rate because it is more active metabolically and breaks down quicker than subcutaneous fat.

Here are some tips for reducing body fat and losing weight.

**Try and avoid snacking**
Try to eat at roughly the same time each day and avoid being hungry, this will help you avoid snacking. If you snack choose a health option.

**Choose reduced fat versions of foods**
Such as spreads, dairy and salad dressings, however still use sparingly.

**Be more active, more often**
Walk or be active every day! Aim for 10,000 steps or 30-40 minutes per day. Don’t get caught sitting down for more than 50 minutes in an hour.

**Portion Control**
Don’t pile the food on your plate unless it is vegetables.

**Think drink**
Choose water or sugar free squashes, also alcohol is high in calories so control your consumption.

**Five a day**
Eat at least five portions of fruit and vegetables per day. Fresh, frozen, or tinned.