

A study on group evaluation with body mass index

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Abstract

This paper refers to the process capability indices in the field of management to set up *Body Mass Indices* (BMI), which can be used to evaluate and compare the BMI values of people at different ages as a group. A large number of improvement plans were brought up to settle obesity problems; however, there could be up to thousands or even tens of thousands of subjects involved. With BMI, the results and effects of the plans can be evaluated by sampling, a characteristic of BMI. Therefore, BMI has served as an accurate, easy and convenient measurement to evaluate group BMI.

Keywords : Body Mass Index (BMI), BMI index, BMI reaching rate.

I. Preface

In 1997, the World Health Organization (WHO) pointed out that obesity is not a state or a risk factor, but a disease. As the world obese population grows rapidly, obesity has become a new epidemic. A variety of evidence has shown that obesity is closely related to malignancies, heart diseases, strokes, diabetes, hyperlipidemia and hypertension; what's worse, obesity enhances the risk of suffering from gallbladder diseases, pains in bones, muscles or joints, and respiratory tract diseases. Obesity even results in mental social barrier. Nevertheless, some researches indicate that obesity can be effectively controlled and prevented by changing

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