

Charles Scamahorn's Human Fat Scale FATS A scale for measuring the fatness of adult humans.

^ This scale was created by Charles Scamahorn ^ The standardized name of this new scale. ^ Symbol ^ Acronym ^ A short description of this scale. - 2006/12/12 /PROBWAY/MetaScales/Fat/Fat.cdr
 In publications please acknowledge that this scale is based on the Meta Scale System template for scaling complex phenomena developed from Proba # 30 by Charles Scamahorn probaway@gmail.com www.probaway.com

Labeled arabic numeral	Scalable graphic symbol	Popular Group and Action term	Definable unique name	BMI = Body Mass Index = W/h^2	BFATI = $W^2/(w+b)/h^2$	Typical external appearance with this level of fat and a representative public persona.	Young adults - age 20 - 35 relationship with BFATI scores and comments	Middle-aged adults - age 35 - 65 relationship with BFATI scores and comments	Older adults - age 65 - 85+ relationship with BFATI scores and comments	Problems and limitations with the scaling.
FATS~0		Starving skeleton	Staskel	CDC = US - Center for Disease Control	BFATI = 10 - 11.4	The person appears as an unmovng skeleton with some parched skin stretched over their bones.	This person needs food now but should be fed slowly and frequently with very small portions and a bit of water.	This person is in a very poor condition from famine or sickness and needs food and treatment now.	As the person may be unable to help themselves they must be fed with a intravenous slow drip on nutrients.	BMI=w/h ² =weight kilograms/height meters squared. The body mass
FATS~1		Walking bones	Walkbo	x	BFATI = 11.5 - 13.4	The person has no discernable fat or energy but they are able to lift and arm and feed themselves.	If this weight is voluntary it is serious anorexia. If it is famine this person needs food now.	Very few people will be this thin at this age without being sick; do all possible to get healthy.	Starving but able to eat a small portion of very light food once every ten minutes for 24 hours then more.	index (BMI) used in this chart has been adapted to standard Imperial measure. Exact numbers and definitions of variables are inexact; things such as height, weight, muscle mass, bone mass, hydration, age, feeding, posturing and the time of day when measurements vary when taken. These variables are then compiled by applying the mathematical formulas. The resulting number made up of these inexact numbers is itself inexact. The chance for mismeasurement is great but it places a person unambiguously on the chart. The BFATI number is exact but it is only a clearly defined suggested starting point for you to work with when considering your options. BEFATI eliminates the gross errors in bodily mass analysis found in total scale weight or in the too simple BMI. BFATI adds a fat component to BMI by adding a waist and butt value (which in a normal person equals height), and dividing by height. This adds a much needed density value to the BMI measurement.
FATS~2		Wiry walker	Wirwal	x	BFATI = 13.5 - 15.9	Very thin but able to do light tasks with surprising quickness.	If naturally very thin you should avoid sickness as without a little fat you don't have much resilience.	Aged 60+ at risk with this frail body mass and should try and gain weight by food and workouts.	At this weight you can spend more time eating high energy foods and snacking with friends. Drink water.	
FATS~3		Marathon runner	Marun	CDC = underweight below BMI = 18.5	BFATI = 16 - 18.4	Typically very long legged fidgety and swift. Kathrin Hepburn Dennis Hopper	A bit of a skinny kid but can be very active with surprising endurance and when smart can do well in academy.	Really strong and vigorous when healthy but when sick the lack of reserve fat becomes a risk.	Age 60+ decrease life expectation at and below this FATS. Eat, walk, talk and drink more water.	
FATS~4		Healthy trim	Hetrim	CDC = healthy at BMI = 18.5-25	BFATI = 18.5 - 21.4	A typical strong trim twenty year old in appearance. Light lithe and strong.	This is an easily attained level at age 20 for most but difficult later probably best maintained by activity	These people should be the long lived elite and have fewer weight related problems than others.	If life-long at this FATS it is okay but if you recently lost weight to this level try to get some of it back.	
FATS~5		Normally vigorous	Norvig		BFATI = 21.5 - 25.1	Self proclaimed ideal BMW is ~25 for men, ~23 for women. This is near ideal body form if only they could do it.	This is a great weight at age 25 and if it feels right this is the weight to aim for later in life.	Most people in this group will do well. Cholesterol and blood pressure should be tracked but usually ok.	Most people 60+ will do best near this BFATI. Blood pressure should be tracked by everyone even if perfect.	
FATS~6		Healthy athletic	Heathl	CDC = overweight above BMI = 25	BFATI = 25.2 - 29.5	George Bush=26 very healthy.	As a young adult this is very attractive so develop some everyday interests that keep you walking every day.	Slightly above some ideals but may give better resistance to stress. Walk a little every hour.	This is a okay BMI for an older person if they can maintain it without other problems, blood pressure.	
FATS~7		Boisterous beefiness	Boibee	CDC = obese above BMI = 30	BFATI = 29.6 - 34.2		Just a bit overweight but healthy at this age the problem is that with bad habits you will grow fatter.	A bit overweight but you don't notice it much and dieting doesn't feel like it is necessary but it is.	About this level weight and waist start to become a real problem with risks of diabetes, dieting is easier.	
FATS~8		Vigorous stoutness	Vigsto	CDC = superobese above BMI = 35	BFATI = 34.3 - 39.9	Sly Stallone as Rocky=34	Age 20-45 males increase risk of hypertension, hyperlipidaemia, diabetes. 40+ waist is bad news.	You feel heavy at times but eating is fun and dieting isn't. You take your pills but just keep growing.	If recently rising to this level drop back quickly but if here for a long time lose weight slowly; avoid sugar.	
FATS~9		Active tubbiness	Acttub	BMI = 40 most insurance companies will pay surgery	BFATI = 40 - 46.9		From this level up health problems become a major concern for life. Avoiding pop and fries is critical.	Clearly fat. Dieting only works for a bit, while diabetes and hypertension growing resistant of drugs.	Only eat in a controlled setting like at dinner table and have others serve your portions sparingly.	
FATS~10		Wambling paunch	Wampau	x	BFATI = 47 - 54.9	Sidney Greenstreet Alfred Hitchcock	Surgery becomes a realistic option probably starting with stomach shrinking belts or staples.	Surgery may help some but dieting, exercise and life style changes seem too hard for the seeming little gain.	Enjoy your pleasures and avoid fat clinics as they may stress you beyond what you can survive.	
FATS~11		Waddling watermelon	Wadwat	x	BFATI = 55 - 62.9		Surgery and entering a diet clinic are difficult choices to consider but to be happy, love your good inner self.	While eating helps ease the depression it makes the fat worse. - Only humans and domestic animals get obese.	COMMENTS: Each generation of obese parents makes it more likely that their children will become obese.	
FATS~12		Cumbersome enormity	Hulbul	x	BFATI = 63 - 73.9	Venus of Willendorf	It is very difficult to do much about the weight but it is possible to be a very kind and helpful person.	People must be very strong to carry this weight.	A child develops the taste for food in utro and while nursing. Mothers - please avoid sugared food & drink.	
FATS~13		Sumo Giant	Sumgi	x	BFATI = 74 - 85.9	Konishiki=540# a very big Sumo wrestler.	Mostly bedridden but with a wheelchair you can still get out and do some good things for yourself and others.	It takes the heart of an athlete just to get out of bed. - Children of fructos laden parents get obese.	Gastric bypass is dangerous but when one is on a path past BFATI 40 consider it when younger and healthier.	
FATS~14		Beached Whale	Bewha	x	BFATI = 86 - 100+	Patrick Deuel 5'11" 1,072# = BMI 12.5; Brower Minnoch at 1,397# = BMI 14;	These people are so laden with fat that they are unable to roll over in bed without assistance.	Enjoy your pleasures and avoid fat clinics as they may stress you beyond what you can survive.	Waist/Hip ratio of more than 1 for men or 0.8 for women is a key indicator for fat related problems .	