

# Visceral Fat Result Sheet

## InBody Visceral Fat

[InBody970] [Yscope]

**InBody**

www.inbody.com

ID	Height	Age	Gender	Test Date / Time
Jane Doe	156.9cm	51	Female	2021.03.31. 15:44

### Body Fat Composition

	Values	Abdominal Fat Mass	Trunk Fat Mass	Body Fat Mass	Weight
Subcutaneous Fat(kg)	1.58 (0.90 ~ 1.81)	2.64 (1.35 ~ 2.71)	11.8 ( 3.9 ~ 7.8 )	22.0 (10.3 ~ 16.5)	59.1 (43.9 ~ 59.5)
Visceral Fat (kg)	1.06 (0.45 ~ 0.90)				
Non-Abdominal Fat					
Arms/Legs Fat (kg)	9.1 ( 4.9 ~ 9.9 )				
Fat Free Mass (kg)	37.1 (35.8 ~ 43.8)				

\* The difference between the whole body values and sum of segmental values are from the craniocervical region.

### Body Fat Analysis

	Under	Normal	Over
Weight (kg)	55 70 85 100 115 130 145 160 175 190 205 %		59.1
Body Fat Mass (kg)	40 60 80 100 160 220 280 340 400 460 520 %		22.0
BMI (kg/m <sup>2</sup> ) Body Mass Index	10.0 15.0 18.5 22.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0		24.0
PBF (%) Percent Body Fat	8.0 13.0 18.0 23.0 28.0 33.0 38.0 43.0 48.0 53.0 58.0		37.2

### Abdominal Fat Analysis

	Under	Normal	Over
Abdominal Fat (kg)	40.0 60.0 80.0 100.0 160.0 220.0 280.0 340.0 400.0 460.0 520.0 %		2.64
Subcutaneous Fat (kg)	40.0 60.0 80.0 100.0 160.0 220.0 280.0 340.0 400.0 460.0 520.0 %		1.58
Visceral Fat (kg)	40.0 60.0 80.0 100.0 160.0 220.0 280.0 340.0 400.0 460.0 520.0 %		1.06

### Abdominal Obesity Analysis

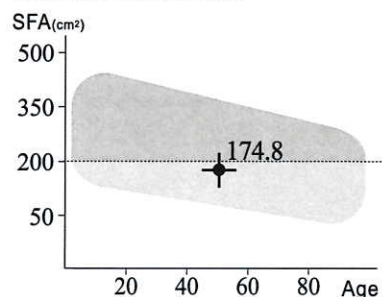
	Under	Normal	Over
Waist-Hip Ratio	0.65 0.70 0.75 0.80 0.85 0.90 0.95 1.00 1.05 1.10 1.15		0.94
V/S Ratio Visceral/Subcutaneous Fat Ratio	0.10 0.20 0.30 0.40 0.50 0.60 0.70		0.67

### Body Fat History

	20.07.21 15:11	20.08.27 14:58	20.09.20 15:02	20.11.23 15:23	20.12.21 15:00	21.02.19 14:52	21.03.20 15:12	21.03.31 15:44
Weight (kg)	65.3	63.9	62.4	61.8	62.3	60.9	60.5	59.1
Body Fat Mass (kg)	27.0	26.0	24.5	24.1	24.5	23.5	22.9	22.0
Abdominal Fat (kg)	3.24	3.12	2.94	2.89	2.95	2.82	2.75	2.64
Subcutaneous Fat (kg)	1.94	1.87	1.76	1.73	1.76	1.69	1.64	1.58
Visceral Fat (kg)	1.30	1.25	1.18	1.16	1.18	1.13	1.10	1.06

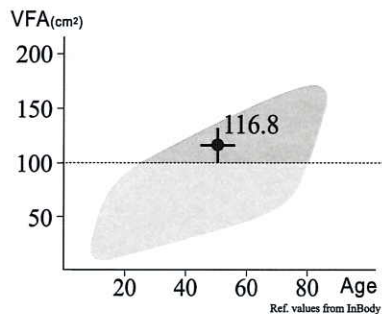
Recent  Total

### Subcutaneous Fat Area



Ref. Matsushita et al, Diabetology & Metabolic Syndrome 2014, 6:11  
Nakajima T. et al, Gastroenterology and Hepatology Research 2012, 1:11

### Visceral Fat Area



Ref. values from InBody

### Research Parameters

Waist Circumference	85.0 cm
Obesity Degree	114% ( 90~110 )
Waist-Height Ratio	0.54 ( 0.51 Under )
Body Adiposity Index	28.1 ( 26.9 Under )
ABSI	0.081 ( 0.076 Under )
Conicity Index	1.27 ( 1.25 Under )
Basal Metabolic Rate	1171 kcal ( 1255~1451 )
ECW Ratio	0.398 ( 0.360~0.400 )
SMI	5.8 kg/m <sup>2</sup>
FMI	8.9 kg/m <sup>2</sup>
Skeletal Muscle Mass/Visceral Fat Area	0.17 kg/m <sup>2</sup> ( 0.15 Over )

### Impedance

