

## BMI Research in Females

Body Mass Index (BMI) is commonly used to assess weight status, yet its accuracy and interpretation vary significantly in females due to differences in body composition, hormonal factors, and metabolic changes across life stages. This study examines BMI specifically in female populations, reviewing how growth patterns, puberty, reproductive health, and aging influence BMI values. Previous research on female rats and women highlights that BMI alone does not fully capture variations in fat distribution, particularly visceral fat, which plays a major role in female health risks such as cardiovascular disease and metabolic disorders. The review identifies key gaps, including the lack of standardized BMI cut-offs for females at different ages and insufficient integration of body fat percentage, hormonal profiles, and lifestyle factors in BMI assessments. The study concludes that while BMI is a useful screening tool, it should be complemented with more precise measures to accurately evaluate health in females. Future research should focus on developing female-specific BMI standards and combining BMI with advanced metrics for improved health prediction.