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## Project Statement

I have always been curious about what the BMI is, and why it has been a staple in modern medicine, so naturally I was excited to learn more about its importance in our class. The lesson going over BMI blew my mind, as I had no idea that it's origins were completely non-scientific and not representative of each individual's health. This was especially interesting to me because I was diagnosed with Growth Hormone Disorder later than most kids were, and a large reason why doctors weren't concerned was that for many years, my BMI levels were under the "normal" category, so for years my checkups went by smoothly, without them being worried about my stature. Had the BMI not been used as a benchmark, it's likely that they would've noticed some signs of potential issues earlier on in my life. I was particularly amazed by the picture of the bodybuilder and a normal man side by side, with the bodybuilders BMI being alarmingly obese, even though he was clearly fit, compared to a much lower BMI for the average Joe despite his clear unhealthiness. I decided that I wanted to dive a little deeper into this idea, and I wanted to portray how the BMI might be misleading and detrimental from the perspective of both of these body types. I reckoned that a storyboard that compared the two stories side by side would be successful in demonstrating the deception of the BMI. The story consists of two men starting off at a yearly checkup; the first man's BMI is normal, so his doctor sends him home without any trouble. However, we come to

learn that this man's eating and exercise habits are troubling, as he eats fast food frequently and almost never works out. Eventually, this man's poor habits catch up to him, and he goes back to the doctor and realizes that he has heart disease, amongst other issues. The second man's story is almost the complete opposite, he starts off with the doctor being worried about his abnormally high BMI, so he immediately gets tested for health issues linked with obesity. However, we find that this man is very healthy, working out everyday and treating his body well. In fact, on the last side, we learn that this man is a bodybuilding champion, which would suggest that he is not at all would one might consider "obese". Hopefully this storyboard will open people's eyes to how misleading the BMI is, and will inspire them to do further research regarding the troubles of the BMI!