

**In 1998, the National Institutes of Health adjusted the BMI (Body Mass Index) scale downward by two points, which made tens of millions of Americans instantly "overweight".**

Today's average American adult is 7 to 14 pounds heavier than one thirty years ago.

Until a 1998 report by the National Institute of Health - funded by weight loss industry money paid to the International Obesity Task Force and the American Obesity Association - "overweight" was defined as having a BMI greater than 27 and "obese" meant your BMI was greater than 32.

After the 1998 NIH report, suddenly tens of millions of Americans became "obese" even though they had not gained a pound. Shifting the BMI down two points helped turned obesity into moral panic.

Get the facts.  
[www.bigfatfacts.com](http://www.bigfatfacts.com)