

## **DO BODY IMAGES OF NON-OBESE ADULTS MATTER? THE RELATIONSHIP BETWEEN BODY IMAGE AND BODY FAT PERCENTAGE AMONG NON-OBESE ADULTS**

J.H. Chung<sup>1</sup>, S.H. Kim<sup>1</sup>, T.H. Kim<sup>2</sup>

<sup>1</sup>*Family medicine, The Catholic University of Korea, South Korea*

<sup>2</sup>*Emergency Medicine, The Catholic University of Korea, St.Paul's Hospital, South Korea*

Many studies have shown that body image distortion can cause significant health problem. We evaluated the percentage of body fat (BFP) and cardiometabolic characteristics by body images in non-obese subjects. We surveyed 4,555 men and 6,664 women under 25 kg/m<sup>2</sup> BMI aged 20 years or older. We investigate the relationship between cardiovascular disease (CVD) risk and BFP and body image. We reclassified our non-obese subjects by applying determined cut-off BFP values according to the body image. Percentage of perceiving oneself 'fat' was 14.4% in men and 31.1% in women. CVD risk factors showed increasing trend in men who have fatter body image. BFP, BMI and obese proportion using determined cut-off BFP increased in proportion to self-perception of fatness in both gender. Our result provides the validity to assess one's BFP more carefully among people whose body image disaccord with one's BMI.