



Alaska Association of Student Governments

Resolution #1

Removing the Use of Body Mass Index in Juneau School District Classes

Submitted by: Kien Chesree (KC) Abad

Submitted: 4/13/2021

Be it resolved by the Alaska Association of Student Governments that:

- 1. Whereas,** the Body Mass Index, also known as BMI, is the primary tool used to measure each person's size by finding the weight in kilograms of an individual and dividing them by height in meters squared.
- 2. Whereas,** BMI is currently used in fitness classes in the Juneau School District.
- 3. Whereas,** The State of Alaska does not require BMI assessments in their schools.¹
- 4. Whereas,** BMI was developed by Lambert Adolphe Jacques Quetelet in order to find an idealized average man -- "if the average man were completely determined, we might consider him as the type of perfection; and everything differing from his proportion or condition, would constitute deformity or disease...or monstrosity."²
- 5. Whereas,** BMI was never intended as a measure of an individual's health but rather a "calculation [that] was used sociologically to assess populations overall."³
- 6. Whereas,** Quetelet focused on predominantly white bodies and has proceeded to be shown to be less--or not applicable at all--to people of color.⁴
- 7. Whereas,** "Healthy" BMI are assumed not to be at risk for cardiovascular or pancreatic issues, leaving people of Asian descent at a disproportionate risk of undiagnosed heart disease and diabetes.⁵
- 8. Whereas,** According to Endocrine Society, the popularization of BMI as a measure of body fat has led to an overestimation of "obesity" among Black people.⁶
- 9. Whereas,** In 2003, the CDC released a report finding higher rates of fatness among Black women but later revealed that despite higher rates of fatness in Black communities, those rates did not correlate to an increased risk of disease or mortality⁷

10. Whereas, a JDHS student survey reports that 91 out of 202 students are unaware whether the BMI test strengthens their wellbeing or not, while 72 of them firmly believe that it does not.

Therefore, be it resolved that the Alaska Association of Student Governments supports the removal of the use of Body Mass Index in all fitness classes in the Juneau School District.

Action statement: This resolution, if approved by the General Assembly of AASG, will be sent to the following:

Juneau School Board at
schoolboard@juneauschools.org
Juneau-Douglas High School: Yadaa.at Kalé Principal Paula Casperson at
paula.casperson@juneauschools.org
Thunder Mountain High School Principal Steve Morrow at
steve.morrow@juneauschools.org

Sources:

1. <http://statehealthcompare.shadac.org>
2. https://www.scielo.br/scielo.php?pid=S0104-59702013000300830&script=sci_arttext&tlng=en
3. <https://www.psychologytoday.com/us/blog/the-gravity-weight/201603/adolphe-quetelet-and-the-evolution-body-mass-index-bmi>
4. <https://www.jstor.org/stable/2967206?seq=1>
5. <https://academic.oup.com/ptj/article/83/3/276/2857568>
6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2886596/>
7. <https://www.sciencedaily.com/releases/2009/06/090611142407.htm>