

# Talking Body Composition, Dr. Dale Wagner

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## Pinching the Fat, Talking Body Composition with Dr. Dale Wagner

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Dale Wagner studies the methodologies used to assess body composition, from the caliper test to ultra sounds to underwater weighing. In this episode of *Instead*, he talks to us about weight, body composition, and how these measurements work, reminding us that “Weight is just a number, it’s just a quantity, it’s not quality.”

Most people are familiar with the body mass index methodology, which Dr. Wagner calls “a glorified height/weight chart,” noting that BMI doesn’t provide any information about the quality of the weight, as body shape and weight distribution play a significant role in understanding weight. So, Dr. Wagner’s research aims to find better, more accurate readings of body composition for practitioners such as personal trainers or school nurses.

Dr. Wagner will be a featured speaker at *Understanding Obesity: New insights into body fat measurement, disordered eating, and external factors* on January 13, 2021, part of our Blue Plate Research series. You can learn more and [RSVP](#). One of his fellow panelists, Dr. Ciciurkaite also has an [episode of \*Instead\* on her research](#).

