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□ MUDA and BMI (Body Mass Index)

Nikkei Daily Newspaper (May 13, 2004) carried an interesting article about the fat countries among OECD member nations as shown below.

The article was compiled by the special project team about health of OECD to high light the fatness or corpulence as the most serious medical threat to the member nations. Among the member nations, USA heads a list followed by Australia in 1999-2001.

The fatness is calculated by the following formula, where over-fatness is defined as BMI is more than 30.

$$\text{BMI} = \frac{(\text{Weight}) (\text{kg})}{(\text{Height})^2 (\text{m})} \quad \square \quad \text{In my case, } \text{BMI} = \frac{72}{1.72 \times 1.72} = 24$$

Last February, I found and read an interesting book : “ Fat Land” –How Americans became fattest people in the world – by Greg Critzer. This book was sold more than 3 million copies in USA and is published in Japan. According to this book, there is a strong relationship between annual income and fatness in the United States as shown in the table below.

	Annual Income		
	<US\$10,000	US\$20,000~25,000>	>US\$50,000
African Americans	33%	27%	23%
Hispanics	26%	18%	22%
White American	19%	20%	16%

In short, the poorer, the fatter.

As you know well, over weight has no value and is synonymous with MUDA.

James P. Womack and Daniel T. Jones, the authors of “The Machine that Changed the World” , published in 1996 another book “Lean Thinking” in order to explain about Japanese production system based upon Just-In-Production principle.

In JIT system, any fat element or Muda is thoroughly eliminated to maximize productivity.

