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# Samsung raises the bar with bioelectric impedance analysis sensor in Galaxy watch

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**To get a more accurate understanding of health**



Samsung has announced that Galaxy Watch has brought another revolution in the digital health and wellness space with ground-breaking Bioelectric Impedance Analysis sensor. A joint research team from Louisiana State University, Pennington Biomedical Research Center and the University of Hawaii Cancer Center performed a study to assess the accuracy of body composition data gathered from smartwatches.

The study published by the American Journal of Clinical Nutrition (AJCN) reveals that Samsung Galaxy Watch could contribute to preventing or reducing obesity in its users. The study also found that Galaxy Watch devices were accurate in measuring body composition, with a precision comparable to laboratory results.

The study underscores the promise of wearables in helping prevent or reduce obesity, a condition that is responsible for approximately 60% of cardiovascular disease deaths.

Considered to be a chronic disease, obesity develops over time because of overnutrition and lack of physical activity. The ability to self-monitor one’s behaviour, particularly with data derived from wearables, improves the user’s understanding of their behaviour patterns, which resulted in an increase in physical activity in nearly 60% of users.