

BODY MASS INDEX (BMI):

Obesity guidelines from the National Heart, Lung, Blood Institute propose that doctors use body mass index (BMI) to assess patients because the index is simple, correlates to fitness and applies to both men and women.



This tool is from the National Heart, Lung, Blood Institute and is intended for informational purposes only. Contact your personal physician for a professional medical assessment.

BMI is calculated by dividing weight in pounds (lbs) by height in inches (inches) squared and multiplying by a conversion factor of 703. Formula:

$$\text{BMI} = \frac{\text{Weight in Pounds}}{(\text{Height in inches} \times \text{Height in inches})} \times 703$$

See back page for chart.

Weight _____
Height _____
Your Body Mass Index is: _____

For adults aged 20 years or older, BMI falls into one of these categories: underweight, normal, overweight, or obese.

Underweight: Below 18.5
Normal: 18.5 – 24.9
Overweight: 25.0 – 29.9
Obese: 30.0 and above

What are the health consequences of overweight and obesity for adults?

The BMI ranges are based on the relationship between body weight and disease and death. Overweight and obese individuals are at increased risk for many diseases and health conditions, including the following:

- Hypertension
- Dyslipidemia (for example, high LDL cholesterol, low HDL cholesterol, or high levels of triglycerides)

- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast, and colon)

How reliable is BMI as an indicator of body fatness?

The correlation between the BMI number and body fatness is fairly strong; however the correlation varies by sex, race, and age. These variations include the following examples:

- At the same BMI, women tend to have more body fat than men.
- At the same BMI, older people, on average, tend to have more body fat than younger adults.
- Highly trained athletes may have a high BMI because of increased muscularity rather than increased body fatness.

For more information about the assessment of health risk for developing overweight- and obesity-related diseases, visit www.simplywell.com.

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Body Mass Index Table

BMI	Normal																			Overweight										Obese										Extreme Obesity																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																											
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