

maintain a healthy life and a healthy weight



Your body is made up of water, fat, protein, carbohydrates, and various vitamins and minerals. If you have too much fat, you're at higher risk of high blood pressure, high cholesterol, and diabetes. And these may increase your risk of heart attack or stroke.

Waist circumference and body mass index (BMI) are indirect ways to assess your body composition.

WHAT IS BODY MASS INDEX (BMI)?

BMI is an indicator of the amount of body fat for most people. It is used as a screening tool to identify whether an adult is at a healthy weight. In studies by the National Center for Health Statistics,

- BMI values less than 18.5 kg/m² are considered underweight.
- BMI values from 18.5 kg/m² to 24.9 kg/m² are considered healthy.
- BMI values from 25.0 kg/m² to less than 30.0 kg/m² are considered overweight. People with BMIs in this range may have an increased risk of type 2 diabetes, hypertension, and cardiovascular disease.
- BMI values of 30.0 kg/m² or greater are considered obese. People with BMIs of 30.0 kg/m² or more may be at higher risk of cardiovascular diseases.
- BMI values of 40.0 kg/m² or higher are considered extremely obese.

To see the range you fall into based on your height and weight, take a look at the chart on the right.

If you want to find your exact BMI value, follow this calculation:

$$\begin{aligned} \text{weight (lbs)} \times 703 &= a \\ a \div \text{height (in)} &= b \\ b \div \text{height (in)} &= \text{BMI} \end{aligned}$$

To improve your health and lower the risk of being overweight or obese, try adding physical activity, improving your diet, quitting smoking, and limiting alcohol consumption.

HEIGHT	MINIMAL RISK (BMI UNDER 25)	MODERATE RISK (BMI 25 - 29.9) OVERWEIGHT	HIGH RISK (BMI 30 AND ABOVE) OBESE
4'10"	118 or less	119 – 142	143 or more
4'11"	123 or less	124 – 147	148 or more
5'	127 or less	128 – 152	153 or more
5'1"	131 or less	132 – 157	158 or more
5'2"	135 or less	136 – 163	164 or more
5'3"	140 or less	141 – 168	169 or more
5'4"	144 or less	145 – 173	174 or more
5'5"	149 or less	150 – 179	180 or more
5'6"	154 or less	155 – 185	186 or more
5'7"	158 or less	159 – 190	191 or more
5'8"	163 or less	164 – 196	197 or more
5'9"	168 or less	169 – 202	203 or more
5'10"	173 or less	174 – 208	209 or more
5'11"	178 or less	179 – 214	215 or more
6'	183 or less	184 – 220	221 or more
6'1"	188 or less	189 – 226	227 or more
6'2"	193 or less	194 – 232	233 or more
6'3"	199 or less	200 – 239	240 or more
6'4"	204 or less	205 – 245	246 or more

Sources

UpToDate: www.uptodate.com/contents/health-risks-of-obesity-the-basics
 Obesity Education Initiative: Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, National Institutes of Health, National Heart, Lung, and Blood Institute, Obesity Research 1998, 6 Suppl 2:51S-209S

medexpress.com



This information is not intended to replace the advice of a physician. It is information that is generally available. Each person has unique medical needs based on several factors including age, genetics, body type and build, medications, exposures to illness and medical history, to name a few. Always seek the advice of a physician or other qualified healthcare provider prior to beginning an exercise program, making dietary changes, or with any questions you may have regarding a medical condition that you are experiencing. If you are suffering from a non-emergent medical situation, it is suggested that you visit the nearest MedExpress center or your family physician. If you believe you are experiencing a medical emergency, call 911.

EHSWRIGHT WM0417

©2017, Urgent Care MSO, LLC