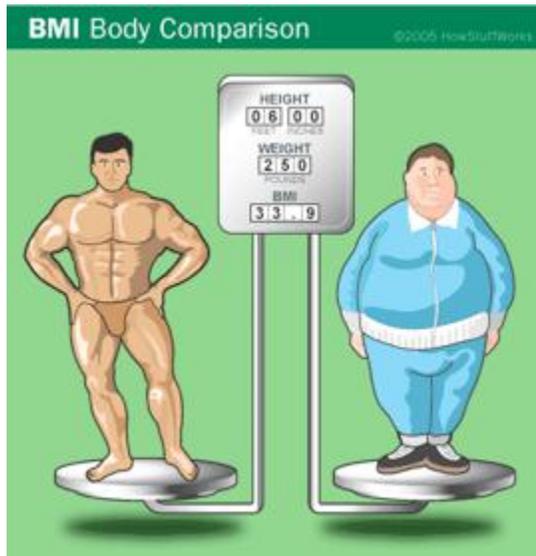


BMI ASSESSMENT AND CLASSIFICATION OF OVERWEIGHT AND OBESITY

BMI, or Body Mass Index can be used to indicate if you are underweight, normal weight, overweight or obese. BMI is an objective scientific measure that uses your height and weight. You can calculate your BMI by dividing your weight in kilograms by the square of your height in meters (BMI=kg/m²). BMI is a common measure expressing the relationship (or



ratio) of weight –to-height. the BMI is more highly correlated with body fat than any other indicator of height and weight

Calculation of BMI

Body mass index can also be calculated using weight in kilograms and height in meters

$$\text{BMI} = \frac{\text{weight in kilograms}}{(\text{Height in meters}) * (\text{Height in meters})}$$

***** (To arrive at ht in meters is, HT in inches multiply by 0.0254)

For example, a person who weighs 80 kgs and is 5 feet 8 inches in height has a BMI of 27.1

$$\frac{80 \text{ kgs}}{(1.72 \text{ meters}) * (1.72 \text{ meters})} = 27.1$$

BMI table for men and women

	Women	Men
Underweight	<19	<20
Normal	19-24	19-25
Overweight	>24	>25
Obese	>30	>30
Highly obese	>40	>40

BMI should only be a guide, and will not be at all accurate in some circumstances. A trained athlete or someone with very muscular body will often show on a BMI scale as obese.

If your BMI is below 19:

This indicates a lean BMI, indicating low body fat. In certain circumstances this can be desirable (e.g. an athlete). However, a low BMI can indicate that your weight may be too low which may lower your immunity to disease. If your BMI and body weight are low, you should consider gaining increased muscle mass through a **healthy diet** and **exercise program**.

If your BMI is between 19 and 25:

A BMI in this range indicates a healthy level of body fat. A BMI percentage in this range is associated with longevity, and a low incidence of serious illness. Studies have shown that this is the level that most people find aesthetically pleasing.

If your BMI is between 26 and 29.9:

A BMI in this range is considered to be overweight, and having an increased risk of associated disease. Ideally if you are in

this range you should find ways to lower your weight. Start by changing to a **healthy diet** and undertake an **exercise program**.

If your BMI is between 30 and 39:

We have now reached the **obesity** range. It is essential that a lifestyle change is undertaken. A change to a **healthy diet** and regular exercise is essential. If an individual is in this range and has a waist size greater than or equal to 40 in. (men) or 35 in. (women) then there is a very high associated risk of disease.

If your BMI is over 40:

This indicates an individual suffering from extreme **obesity**, and is in a very unhealthy condition. The excess body fat will put the individual at risk of heart disease, diabetes, high blood pressure, gall bladder disease and some cancers. It is definitely time to change to a **healthy diet** and undertake a **fitness program**.