

# Body Mass Index & Waist Measurement

1. BMI adjusts weight for height.
2. The new cut-off between normal weight and overweight is a body mass index (BMI) of 25.
3. There is mounting scientific evidence that health risks start rising as people pass a BMI of 25.

## ***Recommendations***

You should lose weight if:

1. Your BMI is 30 or above.
2. Your BMI is 25-29 and you have 2 or more risk factors such as diabetes, hypertension, or hyperlipidemia.
3. If your waist measurement is greater than 40" for men and 35" for women.

## ***How to Calculate your BMI***

Example: Patient is 5'3" tall and weighs 250 pounds.

$$\frac{\text{Weight (pounds)} \times 700}{\text{Height (inches)} \times \text{Height (inches)}}$$
$$= \frac{250 \times 700}{63 \times 63} = \frac{175000}{3969} = 44 \text{ (Patients BMI is 44)}$$