Body Mass Index (BMI) Fact Sheet

Name: __________________________________ Date: ______________

Height: _______ inches Weight: _______ lbs

YOUR CALCULATED BMI: _______ Waist circumference: _______ inches

BMI = indicator of total body fat
Waist Circumference = indicator of abdominal fat

<table>
<thead>
<tr>
<th>BMI Interpretation</th>
<th>Waist Circumference Interpretation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight: &lt; 18.5</td>
<td>Increased Risk: &gt; 80 cm/31.5 inches</td>
</tr>
<tr>
<td>Normal: 18.5-24.9</td>
<td>Substantially Increased Risk: &gt; 88 cm/35 inches</td>
</tr>
<tr>
<td>Overweight: 25-29.9</td>
<td>Men: &gt; 94 cm/37 inches</td>
</tr>
<tr>
<td>Obese: &gt; 30.0</td>
<td>Women: &gt; 102 cm/40 inches</td>
</tr>
</tbody>
</table>

NOTE: BMI and Waist Circumference are strongly correlated and together allow determination of health risk

Risk Factors for disease: (check all that apply)

- High Blood Pressure (hypertension)
- High LDL cholesterol ("bad" cholesterol)
- Low HDL cholesterol ("good" cholesterol)
- High triglycerides
- High blood glucose (sugar)
- Family history of premature heart disease
- Physical inactivity
- Cigarette smoking
- TOTAL

You are at increased risk of the following IF:
BMI ≥ 25 AND you have > 1 of above risk factors

- Hypertension (high blood pressure)
- Dyslipidemia (abnormality of blood lipids)
- Type 2 Diabetes
- Coronary Heart Disease
- Stroke
- Gallbladder Disease
- Osteoarthritis
- Sleep Apnea and Respiratory Problems
- Cancer (Endometrial, Breast, Prostate, and Colon)

BMI = (weight in lbs) * 703
________________________________ (height in inches) * (height in inches)

Classification of Overweight and Obesity by BMI, Waist Circumference, and Associated Disease Risks

<table>
<thead>
<tr>
<th>Disease Risk* Relative to Normal Weight and Waist Circumference</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMI (kg/m²)</td>
</tr>
<tr>
<td>Underweight</td>
</tr>
<tr>
<td>Normal</td>
</tr>
<tr>
<td>Overweight</td>
</tr>
<tr>
<td>Obesity</td>
</tr>
<tr>
<td>35.0 - 39.9</td>
</tr>
<tr>
<td>Extreme Obesity</td>
</tr>
</tbody>
</table>


NOTE: Losing as little as 10% of current weight will lower your disease risk!

NOTE: If you are overweight, but do not have a high waist circumference or > 1 risk factor, prevention of further weight gain (versus weight loss) should be your goal.

Weight Loss Plan: Reduce caloric intake AND increase physical activity

Refer to the following websites for more information:

- Centers for Disease Control and Prevention: http://www.cdc.gov/nccdphp/dnpa/physical/everyone.htm

THERAPIST _________________________________