Body Mass Index (BMI) Fact Sheet for Elderly Population (65 years and older)

Name: ____________________________    Date: ______________

YOUR CALCULATED BMI: _______

BMI = indicator of total body fat*

Height: _____ inches   Weight: _____ lbs   Waist circumference: _____ inches

Heart Rate: ________ bpm   O2 Sat: ________%   Blood Pressure: ______________ mmHg

BMI Interpretation
Underweight: < 18.5
Normal: 18.5-24.9
Overweight: 25-29.9
Obese: > 30.0

Waist Circumference Interpretation
Increased Risk
Women: > 88 cm/35 inches
Men: > 102 cm/40 inches

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

➢ You are at an increased risk of mortality (shorter lifespan) if BMI < 18.5
   • NOTE: If you are underweight, you may benefit from a dietary consult to ensure proper nutrition
     • http://www.nutrition.gov
     • www.newarkseniorcenter.com/Nutrition.html

➢ You are at an increased risk of the following if BMI > 25:
   • Osteoarthritis Type 2 Diabetes Physical Disability

➢ You may be at an increased risk of the following if BMI > 30 and/or waist circumference is >88cm in women and >102cm in men:
   • Mortality (shorter lifespan) Cardiovascular Disease

NOTE: Being sedentary (relatively no physical activity) is associated with a greater risk of mortality. Increasing safe physical activity should be your goal.

Refer to the following websites for more information:

• National Heart Lung and Blood Institute:
  http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/control.htm#part2
  Phone Number: (301)- 592-8573

• Centers for Disease Control and Prevention:
  http://www.cdc.gov/physicalactivity/everyone/guidelines/olderadults.html
  Phone Number: 800-CDC-INFO (800-232-4636)

• Newark Senior Center: http://www.newarkseniorcenter.com/home.html
  Phone Number: (302)-737-2336