

Health & Wellness Information

Body Mass Index

Healthy Weight (BMI) Maintenance

What Is Body Mass Index?

Body Mass Index or BMI, is a ratio of an individuals height to weight. One equation used to calculate this value is weight in pounds divided by height in inches squared, all multiplied by 703.

BMI Categories:

- Under Weight: less than 18.5
- Normal: 18.5 – 24.9
- Overweight: 25.0 – 29.0
- Obese: 30.0 or greater
(Age and gender should be considered when using percentile ranking.)

Why is BMI Used?

With an increased prevalence of overweight and obese Americans, BMI is a quick and efficient means of determining overall health as it relates to height and weight for most populations.

Body Mass Index is a medically recognized risk factor due to its strong correlation to Cardiovascular Disease and other co-morbidities such as: hypertension, pre-diabetes, diabetes, dyslipidemia, and increased risk of certain types of cancer.

How Should I Interpret My BMI?

BMI can be a strong indication of an individuals overall health. To make an accurate interpretation of ones BMI value you must look at several different components, these include but are not limited to the following:

- Physical Activity Levels
- Caloric Intake and Expenditure
- Nutritional Balance
- Sleep Health
- Bone Health

Other important measurements to consider in combination with BMI to gauge health include:

- Waist Circumference
- Hip Circumference
- Blood Pressure
- Fasting Blood Glucose

Alternative Measuring Devices

Your health care advisor may use other diagnostics to gauge body composition and health such as:

- Skin Fold Assessment
- Bio-Electrical Impedance
- Percent Body fat equations

Body Mass Index does not give an exact measure of body composition. Individuals with high muscle mass content may have a falsely elevated BMI value. Older individuals of small frame may also have a falsely normal BMI due to low muscle mass and high fat composition.

For additional information please contact your clinician or Healthstat Wellness Coordinator at jesse.martin@healthstatinc.com or via telephone: (704) 529-6161

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