



Body Mass Index (BMI)

Your Body Mass Index (BMI) is a relationship between weight and height that is associated with body fat and health risk:

$$\text{Weight (pounds) / Height (inches)}^2 \times 703 = \text{BMI}$$

Your Waist Circumference measurements will add to health risk assessment:

Measure at iliac crests (top of hip bones) = Waist Circumference _____ Inches

_____ Centimeters

CLASSIFICATION OF OVERWEIGHT AND OBESITY BY BMI, WAIST CIRCUMFERENCE AND ASSOCIATED DISEASE RISKS

| | BMI (kg/m ²) | Obesity Class | Disease Risk* Relative to Normal Weight and Waist Circumference | |
|-----------------|--------------------------|---------------|---|---|
| | | | Men ≤ 102 cm (≤ 40 in) Women ≤ 88 cm (≤ 35 in) | > 102 cm (> 40 in) > 88 cm (> 35 in) |
| Underweight | <18.5 | | — | — |
| Normal* | 18.5 – 24.9 | | — | — |
| Overweight | 25.0 – 29.9 | | Increased | High |
| Obesity | 30.0 – 34.9 | I | High | Very High |
| | 35.0 – 39.9 | II | Very High | Very High |
| Extreme Obesity | ≥40 | III | Extremely High | Extremely High |