Body Mass Index/BMI & Body Fat

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Obesity (too much body fat) nearly doubled in the United States from 1980 to 1999; there is no indication that the epidemic of obesity will slow down in the near future. ***The Centers for Disease Control estimates 66% of US adults are overweight and 30% are actually obese.*** There are so many people overweight or obese in America that overweight and obese people are now thought of as being "normal." Many overweight or obese people do not realize their weight is extremely beyond what is considered to be a "normal" weight for good health. ***The two leading health concerns in the United States are now 1) lack of physical activity 2) overweight & obesity (smoking is #3).***

> Body Mass Index (BMI) replaced the outdated Ideal Body Weight Tables in 1998. BMI parameters for "normal" are based on *Federal Obesity Clinical Guidelines.* BMI is also based on height and weight but it is more accurate (but not perfect) than the Ideal Body Weight Tables. BMI is a helpful indicator of obesity and also underweight *adults.

BMI compares well to body fat but cannot be interpreted as a certain body fat %. For example, women and seniors are more likely to have a higher body fat % than men who have the same exact BMI. BMI is used to screen, monitor, and detect risk of health or nutritional disorders. Other data must also be used to determine if a high BMI is associated with increased risk of disease and death for individuals.

> *BMI alone is NOT diagnostic. Sometimes a person will weigh a lot, but the excess weight is not due to fat; therefore, the BMI value will be appear high. Examples are people retaining water (edema) and lean or muscular athletes.*

*BMI Values for *Adults*

Underweight	BMI less than 18.5
Normal	BMI of 18.5 to 24.9
Overweight	BMI of 25.0 to 29.9
Obese	BMI of 30.0 or more

*Children must factor BMI with age and sex according to CDC Growth Chart data.

It is important to know your BMI and to understand the risk of being at an unhealthy weight. BMI ranges are based on the effect body weight has on disease and death. A high BMI is predictive of death from cardiovascular disease. People that are obese are also more likely to have other serious health problems like diabetes, high blood pressure, cancer, breathing problems, etc.

✓**Using the BMI Table (Back Page):** 1) Find your height inches in left column. 2) Follow height across to the right until you come to your body weight in pounds. 3) Look above body weight to see your BMI value and range along top of page.

✓**Conversions:**4'10"(58");4'11"(59);5'(60);5'1"(61);5'2"(62);5'3"(63);5'4"(64);5'5"(65) ;5'6"(66);5'7"(67);5'8"(68);5'9"(69);5'10"(70);5'11"(71);6'(72);6'1"(73);6'2"(74);6'3"(75)

References: Centers for Disease Control (www.cdc.gov); WebMD (www.webmd.com).
✱ ***Ron Jones (9.23.08)***

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BMI (Body Mass Index)

Parameters for normal based on *Federal Obesity Clinical Guidelines, 1998.*

Height Inches	Normal						Overweight					Obese		
	19	20	21	22	23	24	25	26	27	28	29	30	35	40
							Weight in Pounds							
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
71	136	143	150	157	165	172	179	186	193	200	206	215	250	286
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328