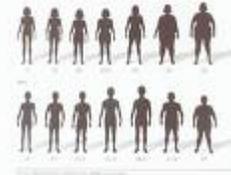




Week 11: BMI

BMI



What is it?

BMI, or “Body Mass Index” is a number generated from the relationship between the height and weight of a person. It has recently come into wide scale use because of the growing obesity epidemic. It can be useful for determining a healthy weight range based upon height.

Why should my family be concerned about body weight?

Excess body weight is associated with many health risks including: heart disease, diabetes, high blood pressure, arthritis, some cancers, increased risk of injury, decreased endurance for daily tasks, and decreased self esteem and self confidence.

Who is BMI potentially not “accurate” for?

Depending upon a person’s “build”, BMI can give a false indication of being overweight for people with muscular builds. BMI does not discriminate between muscle weight and body fat weight. NFL football player Vernon Davis is 6’3” and 258 pounds. His BMI score is 30 which places him in the “obese” category even though he is a professional athlete with body fat of less than 10%. BMI can also give a false indication of being underweight for older adults and others who have lost muscle mass.



How is it best used?

BMI is best used in conjunction with another assessment such as body composition testing, which estimates how much of your body weight is fat mass and the amount that is fat free mass – bone, muscle, and organs. A simple way to test body composition is with calipers. Body fat is measured at several sites and then formulas are used to make the calculations.

Where can I get a Body Composition Test?

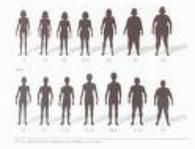
Body composition testing is available at South Bellevue Community Center for adults and teens 13+. Appointments can be scheduled by calling 425-452-4240. The fee for the test is \$10.00. A full fitness assessment which includes the body composition test and 5 other tests is \$20.00. Price includes a computer print out explaining the results of the tests.

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Week 11: BMI



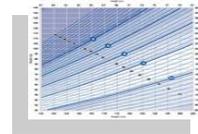
The Web!

BMI calculator & additional info:
<http://www.nhlbisupport.com/bmi/>

BMI calculator for kids and teens:
<http://www.cdc.gov/nccdphp/dnpa/bmi/>

How do I calculate my BMI?

1. Accurately measure your weight and height. Inaccurate measurements can alter your BMI.
2. Convert your height into inches. Example: 5'4" equals 64" (12 inches in a foot).
3. Multiply your height in inches by itself.
Example: $64 \times 64 = 4,096$
4. Take your body weight and divide it by the number from step 3.
Example: $134\text{lbs} \div 4,096 = .0327$
5. Take the number from step 4 and multiply it by 703.
Example: $.0327 \times 703 = 23$



The final result from step 5 is your BMI. Compare it to the score for adults below. In this case, a score of 23 is "normal weight" for a height of 5'4'.

What about BMI for kids?

Calculating BMI for kids is a bit trickier. The calculations must be adjusted for age and are also sex-specific because the amount of body fat changes with age and is different between boys and girls. Healthy weight ranges for children and teens change with each month of age for each sex and as height increases.

Body Mass Index Ranges for Adults

Score	Category
Below 18.5	Underweight
18.5 – 24.9	Normal weight
25 - 29.9	Overweight
30 - 34.9	Obese Grade 1
35-39.9	Obese Grade 2
Over 40	Obese Grade 3

Does it matter where I "carry" my weight?

Yes! Upper body or abdominal obesity has even higher health risks for diabetes, high blood pressure, high cholesterol and heart disease. Another simple test is the Waist-to-Hip Circumference Ratio. You simply measure your waist and the fullest part of your hips in inches and then divide the waist measurement by the hip measurement. For men, high risk is >1.0 , moderate risk is $.9 - 1.0$, lower risk is $<.90$. For women, high risk is $>.85$, moderate risk is $.8 - .85$, lower risk is $<.80$.



This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation. Please provide two weeks advance notice for accommodations requests. Assistance for the **Deaf and Hard of Hearing** can be provided through the 711 Telecommunications Relay Service.

