

# What's a BMI?

BMI is your **Body Mass Index**.

Obesity, or being overweight, will increase the risk of illness and death due to diabetes, stroke, coronary heart disease, hypertension, high cholesterol, and kidney and gallbladder disorders. Obesity has also been linked to an increased risk for some cancers. Genetics can also play a part in the development of obesity. Children of obese children are 10 times more likely to be obese themselves. Common causes of obesity:

- ❖ Consumption of more food than body can use
- ❖ Excess alcohol intake
- ❖ Sedentary lifestyle

One of the most **common complications of obesity is hypertension, or high blood pressure**. Approximately 30% of individuals who are at least 30 pounds overweight have slightly elevated blood pressure. These individuals should be treated with dietary methods in an effort to bring the weight down to normal ranges. The majority of people who regulate their weight and avoid excess salt can avoid being on blood pressure medication.

Multiple studies have conclusively shown that the **higher the BMI over 25 the higher the mortality & disease rates**. The good news is that by changing habits such as healthy eating and exercise even small changes in weight such as a 10-15% total body weight loss can make a significant difference.

## Body Mass Index Chart

Weight (pounds)

		90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250								
Height (feet and inches) without shoes	4'10"	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	39	40	41	42	43	44	45	46	47	48	49	50	51	52								
	4'11"	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50								
	5'0"	18	19	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49								
	5'1"	17	18	19	20	21	22	23	24	25	26	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	43	44	45	46	47								
	5'2"	16	17	18	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	37	38	39	40	41	42	43	44	45	46								
	5'3"	16	17	18	19	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	35	36	37	38	39	40	41	42	43	43	44								
	5'4"	15	16	17	18	19	20	21	21	22	23	24	25	26	27	27	28	29	30	31	32	33	33	34	35	36	37	38	39	39	40	41	42	43								
	5'5"	15	16	17	17	18	19	20	21	22	22	23	24	25	26	27	27	28	29	30	31	32	32	33	34	35	36	37	37	38	39	40	41	42								
	5'6"	14	15	16	17	18	19	19	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	32	33	34	35	36	36	37	38	39	40	40								
	5'7"	14	15	16	16	17	18	19	20	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	32	33	34	34	35	36	37	38	38	39								
	5'8"	14	14	15	16	17	17	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	33	33	34	35	36	36	37	38								
	5'9"	13	14	15	16	16	17	18	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	32	33	34	35	35	36	37								
	5'10"	13	14	14	15	16	17	17	18	19	19	20	21	22	22	23	24	24	25	26	27	27	28	29	29	30	31	32	32	33	34	34	35	36								
	5'11"	12	13	14	15	15	16	17	17	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	29	29	30	31	31	32	33	33	34	35								
	6'0"	12	13	14	14	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	31	31	32	33	33	34								
	6'1"	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	32	32	33								
	6'2"	11	12	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	31	32								
	6'3"	11	12	12	13	14	14	15	16	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	27	28	29	29	30	31	31								
	6'4"	11	12	12	13	13	14	15	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	24	25	26	26	27	27	28	29	29	30	30								
				Underweight													Weight Appropriate													Overweight												