

What is BMI?

BMI stands for Body Mass Index. BMI calculates someone height to weight ratio. For most people BMI is a reliable indicator for body fat.

BMI can be misleading for people who are:

- **Very muscular Persons**– Tends to over estimate the amount of body fat
- **Pregnant Persons**
- **People who have muscle mass loss**– Tends to under estimate BMI

Calculating BMI

$BMI = \text{weight in kg} / (\text{height in meters})^2$

Category	BMI
Underweight	<18.5
Normal	18.5-24.9
Overweight	25-29.9
Obese I	30-34.9
Obese II	35.0-39.9
Obese III	> 40

Is there truth in Numbers?

According to the ADA, "One size doesn't always fit all. Since muscle weighs more than fat, people who have more muscle often have a higher, yet healthy, BMI. Body mass index can provide an idea about your weight but an accurate assessment of your health also needs to include a review of your physical activity, growth and muscle mass".

More Information can be found at :

www.cdc.gov

- search overweight and



Obese Or Not To Be



How to calculate your **BMI**

Know What Category You Fit In

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Risks Related to Overweight and Obesity

Individual who are either overweight or obese are at higher risk for the following:

- Type 2 Diabetes
- Hypertension (high blood pressure)
- Coronary Heart Disease
- Cardiovascular Disease
- Stroke
- Gallbladder Disease
- Sleep Apnea
- Respiratory Problems
- Some cancers
 - Breast Cancer
 - Colon Cancer
 - Endometrial

Predictors of Becoming Overweight

Increased waist circumference can also be a marker for increased risk for in individual even in persons of normal weight.

- **Men** waist circumference greater than 40 inches
- **Women** waist circumference greater than 35 inches.

WEIGHT lbs	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215
kgs	45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7
HEIGHT in/cm	Underweight				Normal				Overweight				Obese I & II				Obese III							
5'0" - 152.4	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
5'1" - 154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	36	37	38	39	40
5'2" - 157.4	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	33	34	35	36	37	38	39
5'3" - 160.0	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	32	33	34	35	36	37	38
5'4" - 162.5	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37
5'5" - 165.1	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35
5'6" - 167.6	16	17	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	29	30	31	32	33	34	34
5'7" - 170.1	15	16	17	18	18	19	20	21	22	22	23	24	25	25	26	27	28	29	29	30	31	32	33	33
5'8" - 172.7	15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	32	32
5'9" - 175.2	14	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	31
5'10" - 177.8	14	15	15	16	17	18	18	19	20	20	21	22	23	23	24	25	25	26	27	28	28	29	30	30
5'11" - 180.3	14	14	15	16	16	17	18	18	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30
6'0" - 182.8	13	14	14	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29
6'1" - 185.4	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28
6'2" - 187.9	12	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27
6'3" - 190.5	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26
6'4" - 193.0	12	12	13	14	14	15	15	16	17	17	18	18	19	20	20	21	22	22	23	23	24	25	25	26