

## ***Body Mass Index (BMI)***

Body mass index, or BMI is quickly becoming the measurement of choice for many physicians and researchers studying obesity. BMI uses a mathematical formula that takes into account both a person's height and weight.

BMI equals a person's weight in kilograms divided by height in meters squared. (BMI=kg/m<sup>2</sup>).

| <b>Risk of Associated Disease According to BMI and Waist Size</b> |                 |  |   |
|---|-----------------|--|---|
| BMI   |                 | Waist less than or equal to 40 in. (men) or 35 in. (women) | Waist greater than 40 in. (men) or 35 in. (women) |
| 18.5 or less  | Underweight     | --   | N/A   |
| 18.5 - 24.9   | Normal          | --   | N/A   |
| 25.0 - 29.9   | Overweight      | Increased  | High  |
| 30.0 - 34.9   | Obese           | High   | Very High   |
| 35.0 - 39.9   | Obese           | Very High  | Very High   |
| 40 or greater   | Extremely Obese | Extremely High   | Extremely High                                    |