Body Mass Index (BMI)

Body Mass Index or BMI is a measure of body fat based on height and weight that applies to both adult men and women. If the BMI goes above the normal range (25), the risk for some diseases such as heart disease, high blood pressure, diabetes, arthritis, some cancers and even premature death increases. The higher the BMI goes above normal, the higher the risk. For adults, BMI falls into one of these categories:

<table>
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<tr>
<th>BMI</th>
<th>Weight Status</th>
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<td>Below 18.5</td>
<td>Underweight</td>
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<td>18.5 – 24.9</td>
<td>Normal</td>
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<td>25.0 – 29.9</td>
<td>Overweight</td>
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<td>30.0 and Above</td>
<td>Obese</td>
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Source: [http://www.nhlbisupport.com/bmi/](http://www.nhlbisupport.com/bmi/)

What is My BMI?

If you know your height and weight, a BMI table can be used to figure out your BMI. To use the table, find your height in inches in the left-hand column labeled “Height.” Move across to your weight in pounds. The number at the top column is the BMI at that height and weight.

For example, if someone is 5 feet and 4 inches (64 inches) and weighs 174 pounds, their BMI = 30. This example is highlighted in yellow on the table.
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What is your BMI number?______________________