

BMI & Waist Circumference



BODY MASS INDEX (BMI):

- BMI is a weight and height ratio
- The index helps determine your risk of developing diseases related to obesity
- A healthy BMI is between 18.5 and 24.9



BMI less than 18.50

Underweight

BMI 18.50 to 24.99

Healthy weight

BMI 25.00 to 29.99

Overweight

BMI 30 or more

Obese

BMI does have some limits, it may overestimate body fat in athletes and others who have a muscular build.

WAIST CIRCUMFERENCE:

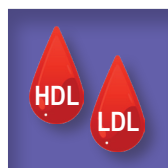
- Estimates overall health risks.
- Estimates visceral fat, the dangerous fat.
- Tends to be more accurate than BMI alone.

Health Risk	Women	Men
Low Risk	Below 31.5 inches	Below 37 inches
Moderate Risk	31.5 to 34.5 inches	37 to 39.5 inches
High Risk	35 inches or more	40 inches or more

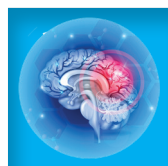


What are the health risks of being overweight or obese?

People who are overweight or obese have a greater chance of:



High Cholesterol



Stroke



Diabetes



Heart Disease



High Blood Pressure

Many of these diseases and conditions can be prevented by maintaining a healthy weight and following a healthy lifestyle, including a well-balanced diet and regular physical activity. A healthy weight also has many other benefits including giving you more energy.

If you are overweight or obese, even a small weight loss (*10% of your current weight*) lowers the risk of several diseases.



Develop a healthy weight management plan.

A PLAN:

- Encourages you to set specific, realistic goals
- Emphasizes fruits, vegetables, whole grains
- Includes lean meats
- Includes vegetarian sources of protein such as beans, nuts, and seeds
- Controls portion sizes
- Includes 30 minutes of moderate physical activity most days of the week
- Is sustainable in the long-run

Healthy Weight Tip: Losing 0.5-2 pounds per week is a reasonable and safe weight loss rate. It will also give you the time to make new healthy and sustainable lifestyle changes.



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CORPORATE HEALTH AND WELLNESS

For more information contact the Corporate Health and Wellness Nurse (208) 367-6567