



BMI: Body Mass Index

Obesity means having excess body fat compared to lean muscle.¹ In the U.S., about two-thirds of adults are obese or overweight and roughly 17% of children are overweight.^{2,3}

- The Body Mass Index (BMI) is a measure used to assess weight status based on height and weight
 - $BMI = \text{Weight (kg)} / \text{Height (m)}^2$.
 - Overweight is a BMI of 25 or greater.
 - Obesity is a BMI of 30 or higher.

Obesity is a complex issue with many contributing factors.

- Being obese increases the risk of developing chronic diseases, such as heart disease, diabetes, hypertension, certain cancers, and osteoarthritis.^{2,3} Yet, it is considered one of the top ten preventable diseases, according to the World Health Organization.
- Studies show that losing as little as 5-10% of body weight (just 7 to 15 pounds for someone weighing 150 pounds) and maintaining that loss can help reduce the risk of heart disease, improve blood pressure and lower blood cholesterol levels.²

Obesity occurs when calorie intake and calorie expenditure are out of balance.^{4,5}

- Factors affecting calorie intake include: eating larger portion sizes, having access to relatively inexpensive food, having a highly palatable food supply, and availability of food just about everywhere.

- Factors affecting calorie output include: increased use of labor-saving devices and doing less physical labor; having fewer opportunities for physical activity in schools, neighborhoods and communities, in addition to increases in screen time (e.g., computers, videogames, TV).
- Successful weight management depends on balancing both sides of the energy balance equation (calorie intake and calorie output).⁵ In order to lose weight, calorie expenditure must exceed calorie input.

Getting plenty of physical activity is one way to “balance the scale” in the right direction.

- Adults should achieve at least 30 minutes of physical activity on most days to reduce risk of chronic disease.⁵ More exercise (60 to 90 minutes/day) may be needed to manage weight or sustain weight loss.⁵
- Children should strive for at least 60 minutes of physical activity on most days of the week.⁵
- To help burn off more calories, participating in activities beyond the daily routine such as extra walking, swimming, golfing, even house cleaning or mowing the lawn is helpful.

For More Information:

1. Larson Duyff R. *American Dietetic Association Complete Food and Nutrition Guide*, 3rd edition. John Wiley & Sons, Inc. Hoboken, NJ, 2006.
2. WIN Weight-control Information Network, National Institutes of Health, US Dept of Health and Human Services, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), 2006. <http://win.niddk.nih.gov/publications/understanding.htm>
3. Center for Disease Control and Prevention, U.S. Dept of Health and Human Services, 2007. <http://www.cdc.gov/nccddphp/dnpa/obesity/faq.htm>
4. Institute of Medicine. *Preventing Childhood Obesity – Health in the Balance*. National Academies Press. 2005.
5. U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans*, 2005. 6th Edition, Washington, DC: U.S. Government Printing Office, January 2005.

BMI CHART

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height	Weight in Pounds																
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
	Healthy Weight						Overweight					Obese					

Source: Evidence Report of Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, 1998. NIH/National Heart, Lung, and Blood Institute (NHLBI).