

What is BMI?

Body Mass Index (BMI) is a relationship between weight and height that is associated with body fat and health risk. In June 1998, the federal government announced guidelines which created a new definition of healthy weight, a BMI of 24.9 or less.

BMI of 25 – 29.9 is overweight

BMI of 30 or more is obese

BMI of 35 or more is morbidly obese

Calculate my BMI

Click on the Center for Disease Control's web site below:

Adults:

http://www.cdc.gov/nccdphp/dnpa/bmi/adult_BMI/english_bmi_calculator/bmi_calculator.htm

Children 3 to 19:

<http://apps.nccd.cdc.gov/dnpabmi/Calculator.aspx>

Possible health risks associated with BMI

A BMI of 25 or above increases the chance of a chronic disease such as type 2 diabetes

<http://www.aafp.org/afp/20040415/1971ph.html>

General Risk Overview:

<http://www.webmd.com/cholesterol-management/obesity-health-risks?page=1>

Insulin resistance

http://www.asaging.org/cdc/module7/phase1/phase1_2.cfm

Hypertension

<http://www.cdc.gov/bloodpressure/about.htm>

Cardiovascular disease

[http://www.americanheart.org/downloadable/heart/1156866738167Final%20CDC%20fact%20sheet%20\(2-27-06\).doc](http://www.americanheart.org/downloadable/heart/1156866738167Final%20CDC%20fact%20sheet%20(2-27-06).doc)

Some cancers

http://www.cancer.org/docroot/PED/content/PED_3_1x_Link_Between_Lifestyle_and_CancerMarch03.asp

<http://www.cancer.gov/cancertopics/factsheet/Risk/obesity>

Gall Bladder Disease

http://www.seekwellness.com/nutrition/gallstones_diet.htm

Osteoarthritis

<http://www.hopkins-arthritis.som.jhmi.edu/mngmnt/osteoandweight.html#joint>

Sleep Apnea

http://www.medicinenet.com/sleep_apnea/page6.htm

Gout

<http://www.medindia.net/patients/patientinfo/gout.htm>

Other factors that may be important to look at when assessing your risk for chronic disease include:

Diet

<http://www.americanheart.org/presenter.jhtml?identifier=851>

Physical Activity

<http://aspe.hhs.gov/health/reports/physicalactivity/>

Waist circumference

<http://aspe.hhs.gov/health/reports/physicalactivity/lood> Pressure

Cholesterol level

<http://www.americanheart.org/presenter.jhtml?identifier=4639>

Family history of disease