

Am I a Healthy Weight?



Did you know ...

The Waist Circumference Method

Waist size is important...

Abdominal muscle can be replaced by fat with age, even if your weight doesn't change. An increasing waist size can be a warning sign. The National Institutes of Health indicate a waist larger than 40" for men and 35" for women increases the chance of developing heart disease, cancer or other chronic diseases.



The Body Mass Index (BMI) Method

You are at a healthy weight if your BMI is between 18.5 and 25. Studies show a BMI above 25 increases your chance of developing a chronic illness, and if it's above 30, your chance increases dramatically.

BMI Chart & Results

HEIGHT	BMI								
	21	23	25	27	29	31	33	35	
5'1"	111	122	132	143	153	164	174	185	
5'3"	118	130	141	152	163	175	186	197	
5'5"	126	138	150	162	174	186	198	210	
5'7"	134	146	159	172	185	198	211	223	
5'9"	142	155	169	182	196	209	223	236	
5'11"	150	165	179	193	208	222	236	250	
6'1"	159	174	189	204	219	235	250	265	

- Less than 18.5** Underweight
- 18.5 - 24.9** Normal weight
- 25 - 29.9** Overweight
- 30 - 34.9** Obesity, Class 1
- 35 - 39.9** Obesity, Class 2
- Greater than 40** Extreme Obesity

Source:
The Practical Guide to the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults.
National Institutes of Health; National Heart, Lung and Blood Institute Obesity Education Initiative. October 2000.

