



## Body Mass Index Results

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Results:

Height: _____ inches	Weight: _____ lbs	BMI: _____
----------------------	-------------------	------------

### What do body mass index results indicate?

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI is a fairly reliable indicator of body fatness for most people. BMI does not measure body fat directly, but research has shown that BMI correlates to direct measures of body fat, BMI is used as a screening tool to identify possible weight problems for adults.

### Interpretation and Advice:

✓	Your BMI result is	This is considered	You are advised to
	BMI 30.0 and above	Obese	Your BMI indicates that your weight is in the <b>obese</b> range for adults of your height. People who are obese are at higher risk for chronic conditions such as high blood pressure, diabetes, and high cholesterol. You should talk to your health care provider about this finding and any need for additional evaluation or consultation.
	BMI between 25.0 and 29.9	Overweight	Your BMI indicates that your weight is in the <b>overweight</b> range for adults of your height. People who are overweight are at higher risk for chronic conditions such as high blood pressure, diabetes, and high cholesterol. You should talk to your health care provider about this finding and any need for additional evaluation or consultation.
	BMI between 18.5 and 24.9	Normal	Your BMI indicates that your weight is in the <b>normal</b> range for adults of your height. Maintaining a healthy weight may reduce the risk of chronic diseases associated with overweight and obesity.
	BMI less than 18.5	Underweight	Your BMI indicates that your weight is in the <b>underweight</b> category for adults of your height. Talk with your health care provider to discuss these findings and any need for additional evaluation or consultation.