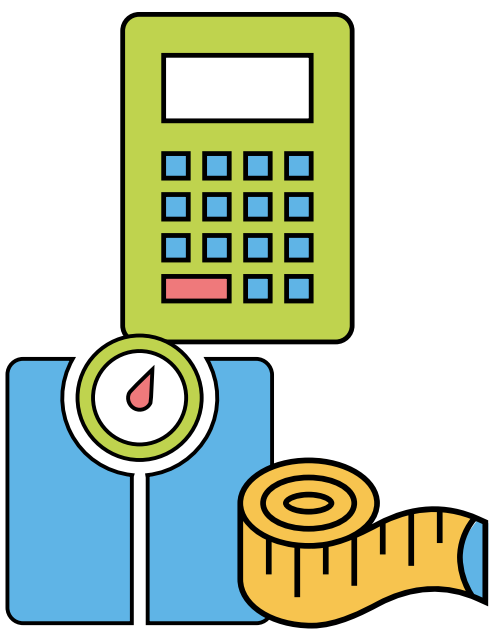


Healthy Weight - Calculating BMI

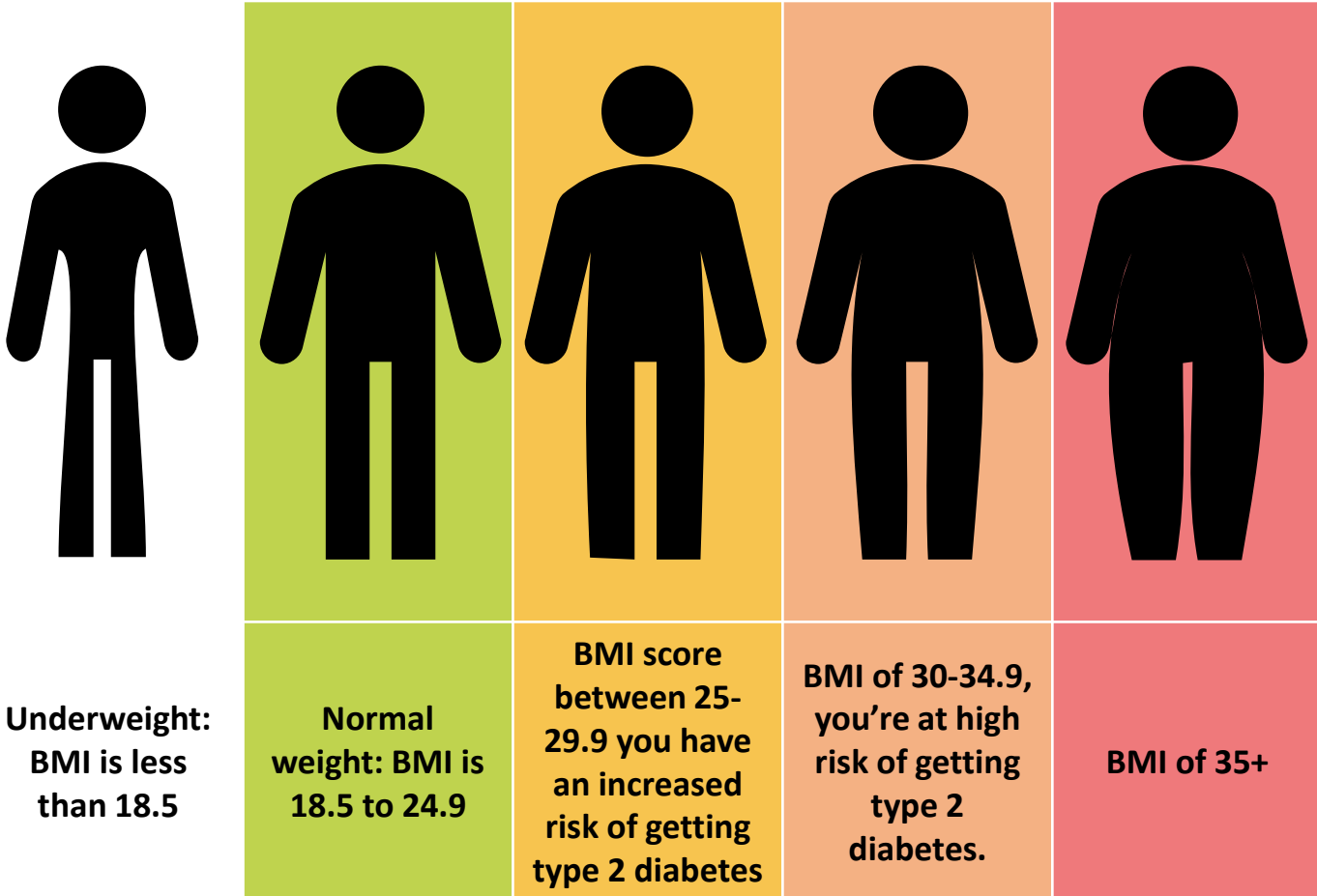


To calculate your BMI you need to multiply your height (m) by you height (m) then divide by your weight (kg)

Example:

(Height x height): 1.6m x 1.6m = 2.56m
(Weight) 80kg / 2.56m = 31.25

You can also use the NHS online BMI Calculator:
www.nhs.uk/live-well/healthy-weight/bmi-calculator/



Healthy Weight – BMI

The BMI measurement doesn't take into account your gender, age, or bone structure, which can all influence the relative amount of body fat you have. Examples of people BMI may not apply to.

Pregnant women: BMI can't be applied to you if you're pregnant because you're gaining weight because of your growing baby.

Children: Their weight changes a lot as they grow, so their age and sex need to be taken into account too.

People with a lot of muscle: Professional athletes and people who play a lot of sport may have a BMI of over 25 but have very little body fat.

Ethnicity: If you belong to certain ethnic groups (for example, if you're of Asian descent), the BMI ranges above may not be appropriate for you. See BMI and ethnicity below.

BMI and ethnicity

The standard BMI ranges don't apply if you belong to certain ethnic groups, for example, if you're Asian. This is because if you're of south Asian or Chinese descent, you have a higher risk of developing type 2 diabetes than white populations. You should aim to keep your BMI lower than the standard 25 to keep in good health – here are some cut off points.

BMI of 23 – if you have a BMI score of 23 or more, you have an increased risk of getting type 2 diabetes.

BMI of 27.5 – if you have a BMI of 27.5 or more, you're at high risk of getting type 2 diabetes.

If you're black, you should also aim to keep your BMI below 25. Although there is less evidence than for Asian people, this should reduce your risk of type 2 diabetes.

Healthy Weight - Waist Measurements

A better measure of excess fat is waist circumference and can be used as an additional measure in people who are overweight (with a BMI of 25 to 29.9) or moderately obese (with a BMI of 30 to 34.9)

Generally men with a waist circumference of 94cm (37 inches) or more and women with a waist circumference of 80cm (31.5inches) or more are more likely to develop obesity related health problems.

Body shape and waist circumference

Where you store fat on your body is an important indicator of whether or not your weight is a risk to your health.

If you store fat around your abdomen (tummy) and waist, when you're said to be apple-shaped. This is thought to be worse for your health than storing it around your thighs and bottom (pear-shaped). If you're apple-shaped, you're at a higher risk of developing:

- coronary heart disease
- diabetes
- high blood pressure (hypertension)

How to measure your waist circumference properly.

While you're standing, put a tape measure around your middle – place it just above your hipbones.

Make sure the tape measure is horizontal and around your waist.

Keep the tape snug around your waist but don't press it in.

Breathe out and measure your waist.

