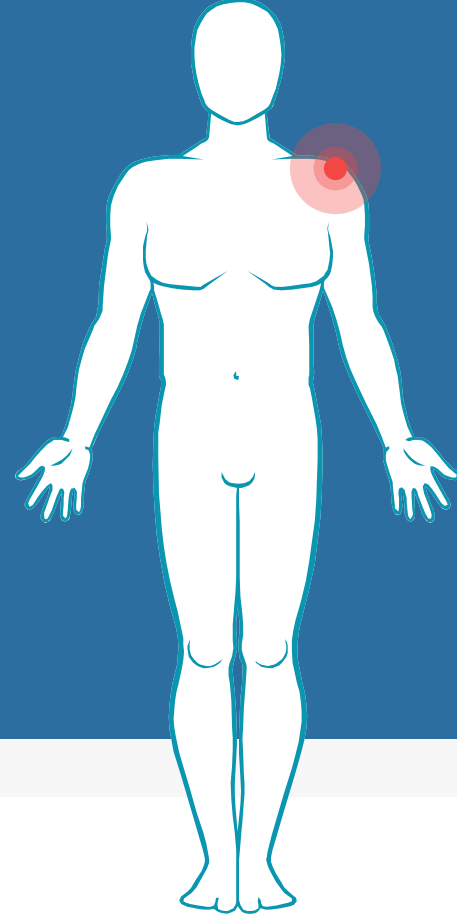


On-Call

Digital Resources

Body Mass Index.



What is Body Mass Index?

- BMI is a method to estimate the amount of body fat a person has.
- Body mass index, or BMI, is a more accurate measure of overweight than weight alone for both women and men.
- A healthy BMI is less than 25.
- A BMI of 25 to 29.9 is considered overweight.
- A BMI of 30 and above is obese

Calculating Body Mass Index

- BMI (Body Mass Index) is calculated the same way for both children and adults.
- Calculate BMI calculating your weight in kilograms (1 kilogram equals 2.2 pounds) and then divide it by your height in meters squared (1 meter equals 39.37 inches). Or by consulting the BMI Chart.

Body Mass Index Chart

Body Fat % Measurement Chart for WOMEN

Age	18-20	11.3	13.5	15.7	17.7	19.7	21.5	23.2	24.8	26.3	27.7	29.0	30.2	31.3	32.3	33.1	33.9	34.6
	21-25	11.9	14.2	16.3	18.4	20.3	22.1	23.8	25.5	27.0	28.4	29.6	30.8	31.9	32.9	33.8	34.5	35.2
	26-30	12.5	14.8	16.9	19.0	20.9	22.7	24.5	26.1	27.6	29.0	30.3	31.5	32.5	33.5	34.4	35.2	35.8
	31-35	13.2	15.4	17.6	19.6	21.5	23.4	25.1	26.7	28.2	29.6	30.9	32.1	33.2	34.1	35.0	35.8	36.4
	36-40	13.8	16.0	18.2	20.2	22.2	24.0	25.7	27.3	28.8	30.2	31.5	32.7	33.8	34.8	35.6	36.4	37.6
	41-45	14.4	16.7	18.8	20.8	22.8	24.6	26.3	27.9	29.4	30.8	32.1	33.3	34.4	35.4	36.3	37.0	37.7
	46-50	15.0	17.3	19.4	21.5	23.4	25.2	26.9	28.6	30.1	31.5	32.8	34.0	35.0	36.0	36.9	37.7	38.3
	51-55	15.6	17.9	20.0	22.1	24.0	25.9	27.6	29.2	30.7	32.1	33.4	34.6	35.6	36.6	37.5	38.3	38.9
	56 & Up	16.3	18.5	20.7	22.7	24.6	26.5	28.2	29.8	31.3	32.7	34.0	35.2	36.3	37.2	38.1	38.9	39.5
		Lean				Ideal				Average				Above Average				

Body Fat % Measurement Chart for MEN

Age	18-20	2.0	3.9	6.2	8.5	10.5	12.5	14.3	16.0	17.5	18.9	20.2	21.3	22.3	23.1	23.8	24.3	24.9
	21-25	2.5	4.9	7.3	9.5	11.6	13.6	15.4	17.0	18.6	20.0	21.2	22.3	23.3	24.2	24.9	25.4	25.8
	26-30	3.5	6.0	8.4	10.6	12.7	14.6	16.4	18.1	19.6	21.0	22.3	23.4	24.4	25.2	25.9	26.5	26.9
	31-35	4.5	7.1	9.4	11.7	13.7	15.7	17.5	19.2	20.7	22.1	23.4	24.5	25.5	26.3	27.0	27.5	28.0
	36-40	5.6	8.1	10.5	12.7	14.8	16.8	18.6	20.2	21.8	23.2	24.4	25.6	26.5	27.4	28.1	28.6	29.0
	41-45	6.7	9.2	11.5	13.8	15.9	17.8	19.6	21.3	22.8	24.7	25.5	26.6	27.6	28.4	29.1	29.7	30.1
	46-50	7.7	10.2	12.6	14.8	16.9	18.9	20.7	22.4	23.9	25.3	26.6	27.7	28.7	29.5	30.2	30.7	31.2
	51-55	8.8	11.3	13.7	15.9	18.0	20.0	21.8	23.4	25.0	26.4	27.6	28.7	29.7	30.6	31.2	31.8	32.2
	56 & Up	9.9	12.4	14.7	17.0	19.1	21.0	22.8	24.5	26.0	27.4	28.7	29.8	30.8	31.6	32.3	32.9	33.3
		Lean				Ideal				Average				Above Average				

Understanding the Body Mass Index

- Body Mass Index has 4 levels:
 - Lean.
 - Ideal.
 - Average.
 - Above Average.

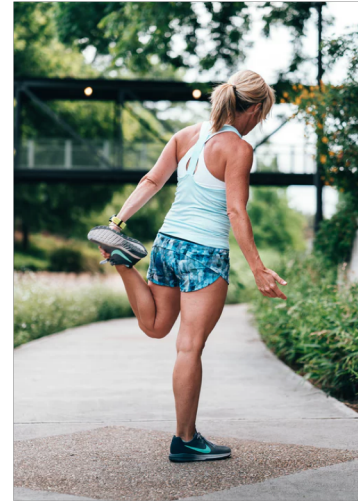
Lean

- The value is less than 18.50.
- Your weight is well below your height.
- You may experience health problems and illnesses, such as anorexia .



Ideal

- The value is between 18.50 and 24.90.
- Your weight is appropriate for your height, and is considered healthy.



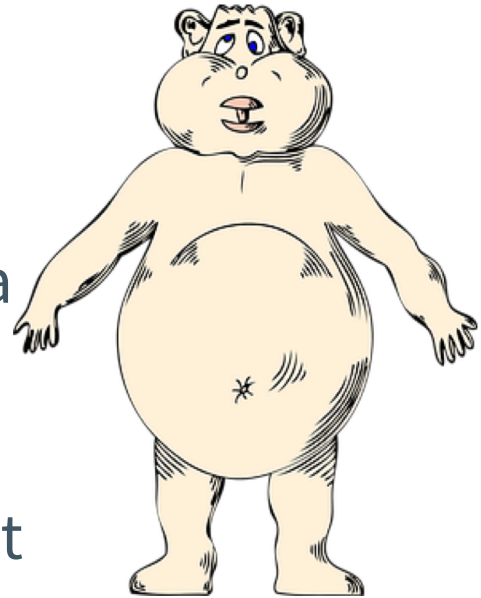
Average

- The value is between 25.00 and 29.90.
- Typically at this BMI, people are considered to be overweight.
- Overweight is having extra body weight from muscle, bone, fat, and/or water.



Above Average

- The value is more than 30.00.
- Individuals with a BMI of 30 or more are considered 'obese'.
- Obesity is having a high amount of extra body fat.
- If obesity is an issue, individuals are encouraged to consult a specialist to get help to bring their weight under control.



Limitations of BMI

- Age – older people tend to have more body fat than younger people.
- Sex – women tend to have more body fat than men.
- Body composition – BMI does not account for location of body fat or muscle.
 - People with body fat around their abdomen and organs are at higher risk of health issues than those with fat in other areas.



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