



understanding body mass index

What is BMI?

Your body mass index (BMI) assesses your body weight relative to your height. It's a useful indirect measure of body composition because it relates closely to body fat for most people. (If you're very athletic/muscular, or you're pregnant or breast feeding, it may not be accurate.)

Why is it important?

Excess weight – which is what your BMI measures – increases the heart's workload. It also raises blood pressure, cholesterol, and triglyceride levels, and lowers HDL (good) cholesterol levels. Having a BMI of 25 or higher makes you more likely to develop heart disease, stroke, and diabetes.

What's a healthy BMI?

| BMI: | Is considered: |
|----------------|-----------------|
| Less than 18.5 | Underweight |
| 18.5 to 24.9 | Healthy |
| 25.0 to 29.9 | Overweight |
| 30.0 or more | Obese |
| 40 or greater | Extremely obese |

If you know your height and weight, you can use this chart to estimate your BMI-related risk for heart disease, stroke, and diabetes.

| Height | Minimal risk (BMI under 25) (lbs.) | Moderate risk (BMI 25 to 29.9) Overweight (lbs.) | High risk(BMI 30 and above) Obese (lbs.) | Height | Minimal risk (BMI under 25) (lbs.) | Moderate risk (BMI 25 to 29.9) Overweight (lbs.) | High risk(BMI 30 and above) Obese (lbs.) |
|--------|--|--|--|--------|--|--|--|
| 4'10" | 118 or less | 119 to 142 | 143 or more | 5'8" | 163 or less | 164 to 196 | 197 or more |
| 4'11" | 123 or less | 124 to 147 | 148 or more | 5'9" | 168 or less | 169 to 202 | 203 or more |
| 5'0" | 127 or less | 128 to 152 | 153 or more | 5'10" | 173 or less | 174 to 208 | 209 or more |
| 5'1" | 131 or less | 132 to 157 | 158 or more | 5'11" | 178 or less | 179 to 214 | 215 or more |
| 5'2" | 135 or less | 136 to 163 | 164 or more | 6'0" | 183 or less | 184 to 220 | 221 or more |
| 5'3" | 140 or less | 141 to 168 | 169 or more | 6'1" | 188 or less | 189 to 226 | 227 or more |
| 5'4" | 144 or less | 145 to 173 | 174 or more | 6'2" | 193 or less | 194 to 232 | 233 or more |
| 5'5" | 149 or less | 150 to 179 | 180 or more | 6'3" | 199 or less | 200 to 239 | 240 or more |
| 5'6" | 154 or less | 155 to 185 | 186 or more | 6'4" | 204 or less | 205 to 245 | 246 or more |
| 5'7" | 158 or less | 159 to 190 | 191 or more | | | | |

Source: American Heart Association

Call your doctor today to
schedule an annual checkup