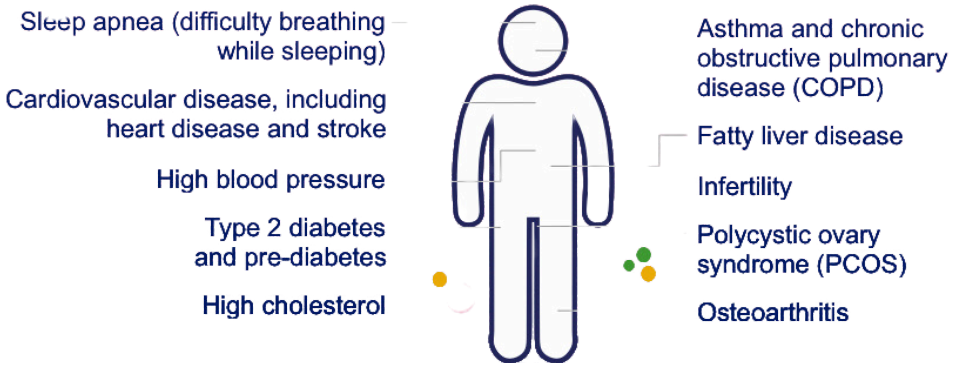
Adult Body Mass Index (BMI)

Approximately 2 out of 5 adults in the United States are considered overweight, and for most people it's difficult to get the weight off. In fact, people living with excess weight generally make 7 serious attempts to lose weight over time.

Body mass index (BMI) is a medical screening tool that measures the ratio of your height to your weight to estimate the amount of body fat you have. Healthcare providers calculate BMI by using weight in kilograms (kg) divided by the square of height in meters (m2).

High body fat may lead to heart disease, stroke and Type 2 diabetes. Low body fat may be related to malnutrition. Just the right amount of body fat helps vitamins and minerals get into your body. It also provides a source of energy for your body, helps maintain body temperature and protects your organs.



Weight issues have increased in the past 50 years Today, Americans eat 23% more calories than we did in 1970. That can really add up. One of the leading causes of excess weight is an imbalance of calories. When you eat more than you burn, your body stores the extra energy as fat. Over time, the pounds can begin to pile on.

The good news is that even modest weight loss can improve or prevent the health problems associated with obesity. A healthier diet, increased physical activity and behavior changes can help you lose weight. Prescription medications and weight-loss procedures are additional options for treating obesity.

1.46

billion adults worldwide are considered overweight

$173

billion is the estimated annual medical cost for treating obesity and obesity related conditions.

100

million U.S. adults are considered overweight.

Prevention is Key



Preventing obesity involves a combination of many changes, such as:

- Rethink your drink - Before picking up that can of soda, think about choosing something your body needs, like water, or low-fat (1%) or fat-free milk.
- Right size your portions - Bigger is not always better.
- Tame the tube - Turn off the TV to lower your family's risk of becoming overweight. Instead, spend more "quality time" together.
- Move more everyday - Even small amounts of daily physical activity can help you stay healthy.
- Eat more healthy meals at home - Eating at home rather than eating out will not only reduce the amount of fat and calories you eat - it can save you time and money.
- Eat more fruits and vegetables - Whether fresh, frozen, canned or dried, fruits and vegetables are quick, delicious and convenient. They will keep you healthy all year round.

Losing weight can help your body function better and improve your ability to perform everyday activities, such as:



- Walking



- Climbing stairs



- Bending down or kneeling



- Carrying groceries



- Dressing and bathing



- Moderate to vigorous activity

Diagnosing weight types with BMI

In general, the following BMI ranges (in kg/m2) classify different weight types:

- Underweight: Less than 18.5.
- Optimum range: 18.5 to 24.9.
- Overweight: 25 to 29.9.
- Class I obesity: 30 to 34.9.
- Class II obesity: 35 to 39.9.
- Class III obesity: More than 40.

How do I calculate my BMI?

You can calculate BMI yourself with these steps:

- Multiply your weight in pounds by 703.
- Divide that answer by your height in inches (there are 12 inches in 1 foot).
- Divide that answer by your height in inches again.

For example, a person who weighs 180 lbs. and is 5 feet and 5 inches tall (65 inches total) would calculate their BMI in the following way:

- 180 x 703 = 126,540.
- 126,540 / 65 = 1,946.769.
- 1,946.769 / 65 = 29.95.
- Their BMI would be 29.9.