



Body Mass Index

Recalculating a Hefty Sum

The U.S. government’s new standard, based on “body mass index,” increases the number of North American adults defined as overweight.

How to figure body mass index:	$BMI = \frac{703 \times \text{weight in pounds}}{(\text{Height in inches})^2}$
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Body mass index measured by height and weight	Previously healthy; now overweight				In old standard, overweight at 27; men at 28				Obese			
	21	22	23	24	25	26	27	28	29	30	31	
5'	107	112	118	123	128	133	138	143	148	153	158	
5'1"	111	116	122	127	132	137	143	148	153	158	164	
5'3"	118	124	130	135	141	146	152	158	163	169	175	
5'5"	126	132	138	144	150	156	162	168	174	180	186	
5'7"	134	140	146	153	159	166	172	178	185	191	198	
5'9"	142	149	155	162	169	176	182	189	196	203	209	
5'11"	150	157	165	172	179	186	193	200	208	215	222	
6'1"	159	166	174	182	189	197	204	212	219	227	235	
6'3"	168	176	184	192	200	208	216	224	232	240	248	
	32 million adults						32 million adults			43 million adults		

How to calculate your Body Mass Index

Body Mass Index (BMI) is a ratio of height and weight. On this chart, the numbers across the top are the BMI. Heights are show on the left, and the numbers making up the box are weights in pounds. To find your MBI, find your height, then look across to the box with the appropriate height. The number at the top of that column is your MBI.

You can call the Ottawa-Carleton Regional Health Department’s nutrition line at 722-2242 ext 3403 to obtain a Health Canada BMI chart, or you can calculate your BMI by visiting an internet site at <http://www.nhibi.nih.gov>. Go to “clinical guidelines on overweight and obesity” and then click on Body Mass Index Calculator.”

How to calculate your waist-to-hip ratio

- 1) Measure your waist at your navel (In inches or centimeters)
- 2) Measure your hips at the widest point (over your buttocks)
- 3) Divide your waist measurement by your hip measurement

For example: if you have a 27 inch waist and 38-inch hips, divide 27 by 38 to get a waist hip ratio of 0.71. For most women, the waist-to-hip ratio should fall below 0.80. For most men, the waist to hip ratio should be no greater than 1.0.

