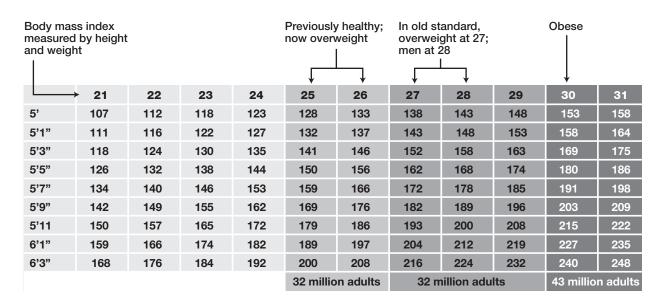
## **Body Mass Index**

## **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 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 <a href="http://www.nhibi.nih.gov">http://www.nhibi.nih.gov</a>. 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.

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