



OCCUPATIONAL
M E D I C I N E
P H Y S I C I A N S

FULL SERVICE OCCUPATIONAL HEALTH CLINICS EXPERIENCE THE DIFFERENCE

OUR EXPERIENCE

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BODY MASS INDEX

WHAT IS BODY MASS INDEX (DMI)

Body Mass Index is calculated by your weight in kilograms times your height. It is one measure for determining being overweight.

What does the number mean?

18.5 – 24.9 = healthy weight for height

25 – 29.9 = over ideal weight

30 or over = an obese weight

What value is Body Mass Index?

Body Mass Index is helpful in predicating who is at risk for future health problems. Individuals with a BMI over 30 are at an increase risk for diabetes, high blood pressure, high cholesterol and heart disease.

BMI does not take muscle mass into account. Muscle weighs more than fat.

Therefore it is not a good measure for individuals, with increased muscle mass. BMI is a simple measure for good health. Is there a better indicator to determine health risk? In addition to BMI, it is important to take into account waistline measurement. Men with a waistline measurement over 40 inches are at an increase risk for health problems. Women should have a waistline measurement less than 35 inches.

HOW DO I MEASURE MY WAISTLINE?

You can measure on a bare mid section with a tape measure at the belly button level.

HOW DO I DECREASE MY BMI?

- Eat a healthy diet
- Exercise regularly
- Have an annual physical

If you have any questions regarding Body Mass Index or other services or would like an in-service at your company regarding this subject, please contact Amy McCulloch, RN, Client Service Coordinator at 812-283-2013.