

BMI and Waist Circumference

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Body Mass Index (BMI)
 The BMI is the best way to determine if you are overweight or obese. It is calculated by dividing your weight in kilograms by your height in meters squared.

English Formula:

$$BMI = \frac{\text{weight in pounds}}{(\text{height in inches})^2} \times 703$$

Metric Formula:

$$BMI = \frac{\text{weight in kilograms}}{(\text{height in meters})^2}$$

How to measure: The measurement for waist circumference is at the **umbilicus**.

Classification

Classification	BMI
Underweight	Below 18.5
Normal	18.5 - 24.9
Overweight	25.0 - 29.9
Obesity Class I	30.0 - 34.9
Obesity Class II	35.0 - 39.9
Obesity Class III (Extreme Obesity)	40.0+

Body Mass Index (BMI) Table

Height (feet)	Weight (pounds)											
	100	110	120	130	140	150	160	170	180	190	200	210
5'0"	16.7	18.2	19.7	21.2	22.7	24.2	25.7	27.2	28.7	30.2	31.7	33.2
5'1"	15.7	17.1	18.5	19.9	21.3	22.7	24.1	25.5	26.9	28.3	29.7	31.1
5'2"	14.7	16.0	17.3	18.6	19.9	21.2	22.5	23.8	25.1	26.4	27.7	29.0
5'3"	13.7	14.8	15.9	17.0	18.1	19.2	20.3	21.4	22.5	23.5	24.6	25.6
5'4"	12.7	13.7	14.6	15.6	16.5	17.4	18.3	19.2	20.1	21.0	21.9	22.8
5'5"	11.7	12.6	13.4	14.2	15.0	15.8	16.6	17.4	18.2	19.0	19.8	20.6
5'6"	10.7	11.5	12.2	12.9	13.6	14.3	15.0	15.7	16.4	17.1	17.8	18.5
5'7"	9.7	10.4	11.0	11.6	12.2	12.8	13.4	14.0	14.6	15.1	15.7	16.3
5'8"	8.7	9.3	9.8	10.3	10.8	11.3	11.8	12.3	12.8	13.3	13.8	14.3
5'9"	7.7	8.2	8.6	9.0	9.4	9.8	10.2	10.6	11.0	11.4	11.8	12.2
5'10"	6.7	7.1	7.4	7.7	8.0	8.3	8.6	8.9	9.2	9.5	9.8	10.1
5'11"	5.7	6.0	6.3	6.5	6.8	7.0	7.3	7.5	7.8	8.0	8.2	8.5
6'0"	4.7	4.9	5.1	5.3	5.5	5.7	5.9	6.1	6.3	6.5	6.7	6.9

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Reviews

This kind of publication is every thing and got me to searching in advance and much more. It really is simplistic but surprises within the 50 percent from the ebook. I am easily could get a satisfaction of studying a composed publication.
 (Orval Halvorson III)

BMI AND WAIST CIRCUMFERENCE



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Wallchart. Book Condition: New. Not Signed; BMI and Waist Circumference chart is an essential tool for primary care professionals and anyone involved in wellness and weight counseling. With this tool, it's easy to find the patient's Body Mass Index (BMI) score based on their height and weight and to discover if the patient has a high-risk waistline. The chart provides: A definition of BMI English and Metric formulas for BMI Limitations of BMI Table of classifications of BMI scores, from Underweight to Extreme Obesity Information and direction to discover if a patient has a high-risk waist circumference. The Waist Circumference measure is useful in assessing risk for adults who are normal or overweight according to the BMI table. Made in the USA. Available in the following versions : 20 x 26 heavy paper laminated with grommets at top corners ISBN 9780781772273 20 x 26 heavy paper ISBN 9780781772266. book.



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