Driving change | in obesity

novo nordisk®

Calculate your BMI:

Before assessing BMI, you need to weight (Kg) yourself and you must know height (m).

Now you can calculate the BMI through following formula,

BMI is calculated by dividing your patient's weight in kg by the square of their height in metres.[1]

BMI = Weight (kg) / Height² (m)
(kg/m²)

BMI is calculated by dividing your patient's weight in kg by the square of their height in metres.[3]

$$\text{BMI } (\text{kg/m}^2) = \frac{\text{Weight (kg)}}{\text{Height}^2 \text{ (m)}}$$

For most adults, if your BMI is:[4]	
18.5	underweight range
18.5 to 24.9	healthy weight range
25 to 29.9	overweight range
30 to 39.9	obese range
40 or above severely	obese range

If you have an Asian, Chinese, Middle Eastern, Black African or African-Caribbean family background you'll need to use a lower BMI score to measure overweight and obesity:

23 to 27.4 – you're in the overweight range
27.5 or above – you're in the obese range

BMI score has some limitations because it measures whether a person is carrying too much weight but not too much fat. For example, people who are very muscular, like professional sports people, can have a high BMI without much fat.

But for most people, BMI is a useful indication of whether they're a healthy weight.

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Reference:
1. 08-6354.pdf (nih.gov)
2. National Institutes of Health. National Heart, Lung, and Blood Institute. NHLBI Obesity Education Initiative. The Practical Guide: Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. Available at: www.ncbi.nlm.nih.gov/books/NBK2003/. Accessed August 2023.
3. Cut-off for BMI according to WHO standards - European Health Information Gateway.
4. Obesity - NHS (www.nhs.uk)