

What is BMI?¹

Body Mass Index (BMI) is an internationally recognised standard for classifying overweight and obesity in adults. BMI is calculated by dividing a person's weight in kilograms by the square of their height in metres.

BMI does not necessarily reflect body fat distribution or describe the same degree of fatness in different individuals. However, at a population level, BMI is a practical and useful measure for identifying overweight or obesity.



Along with BMI, Waist circumference is an important measure for evaluating health risks. A higher waist measurement is associated with an increased risk of obesity related complications¹.

Waist circumference

Waist circumference is an alternative way to assess the risk of developing obesity-related chronic diseases. A higher waist measurement is associated with an increased risk of chronic disease.

Waist circumference associated with increased risk of metabolic complications

Sex	Increased risk	Substantially increased risk
men	94 cm	102cm
women	80 cm	88cm



Reference:

1. <https://www.aihw.gov.au/reports/overweight-obesity/overweight-and-obesity/contents/measuring-overweight-and-obesity>