Body Mass Index information

The Body Mass Index (BMI) is a measure of body weight, used to approximate the level of body fat in evaluating health. It is not a perfect measurement - for instance, it should not be used for people younger than 20 or older than 65, for pregnant or nursing women, or for trained athletes. Moreover, some doctors do not recommend weight loss unless the individual is suffering from weight-related diseases, and Health Canada prefers to promote a balanced diet, active living, and a positive self-image. However, there is a statistical relationship between BMI and health risks, so it can be used as one tool in evaluating health.

The formula for BMI:

One possible set of guidelines for evaluating BMI is as follows:

|  |  |  |
| --- | --- | --- |
| *If your BMI is:* | *Zone:* | *So the following applies:* |
| < 18.5 | Low | May be associated with health problems for some people |
| 18.5 - 27 | Normal | Good weight for most people; generally acceptable range |
| > 27 | High | Increasing risk of developing health problems |

*References:*

Davis, B. and Katamay, S. A Review of Weight Guidelines. Health Canada / Santé Canada.Retrieved August 29, 2002 from the World Wide Web: http://www.hc-sc.gc.ca/hppb/review\_weight\_guide\_e.pdf

Body Mass Index. Principal Health News. Retrieved August 30, 2002 from the World Wide Web: http://www.principalhealthnews.com/topic/bmi

Here is an interactive BMI calculator that you can use by double-clicking on it and then changing the height and weight:

*Insert calculator here*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Weight: | 180 | pounds |  | Weight in kilograms: | | **81.6** |
|  |  |  |  |  |  |  |
| Height: | 5 | feet |  | Height in meters: | | **1.80** |
|  | 11 | inches |  |  |  |  |
|  |  |  |  |  |  |  |
| Your Body Mass Index (BMI) is: | | | **25.1** | which is: | **Normal** |  |

Here are some example BMI calculations:

*Insert data here*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Person** | **Height (feet)** | **Height (inches)** | **Weight (pounds)** | **BMI** |
| Shaquille O'Neal | 7 | 1 | 325 | 31.6 |
| Gabby Douglas | 4 | 11 | 108 | 21.8 |
| Wayne Gretzky | 6 | 0 | 185 | 25.1 |

*Insert chart here*