

WP / NG DAVID DE SILVA COLLEGE

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CLASS HEALTH REPORT

Class : 1 - A

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ID	NAME	BLOOD TYPE	HR	BP	HEIGHT	WEIGHT	BMI *	VACCINATION	SPECIALITIES	SURGERIES
1	S A L Samarakkody		80		160	60	23.4			

* Reference

BMI	Category	Action
Below 18.5	Underweight	A BMI of less than 18.5 indicates that you are underweight, so you may need to put on some weight. You are recommended to ask your doctor or a dietitian for advice.
18.5 to 24.9	Healthy	A BMI of 18.5 to 24.9 indicates that you are at a healthy weight for your height. By maintaining a healthy weight, you lower your risk of developing serious health problems.
25.0 to 29.9	Overweight	A BMI of 25 to 29.9 indicates that you are slightly overweight. You may be advised to lose some weight for health reasons. You are recommended to talk to your doctor or a dietitian for advice.
30.0 and above	Obese	A BMI of over 30 indicates that you are heavily overweight. Your health may be at risk if you do not lose weight. You are recommended to talk to your doctor or a dietitian for advice.