

Body Mass Index (BMI) – standard measure of overweight and obesity. An estimate of adiposity which predicts risks for current or future complications.

Formula (s)

$BMI = wt \text{ in pounds} \times 0.45 / (ht \text{ in inches} \times 0.0254)^2$

or  $wt \text{ in kg} / ht \text{ in meters squared}$ .

Adults – a BMI between 25 and 29.9 = overweight (85% to 95%)

a BMI  $\Rightarrow$  30 is obese (95% and above)

Adults with a BMI of 30+ have a 50 – 100% increased risk of premature death compared to those with a BMI of 20 - 25.

Children until age 18 have their BMI based on age, gender and percentile. Because the CDC does not want to label children as obese their nomenclature is; at 85% “at risk for overweight” and at the 95% they are deemed overweight. At age 18 the 95% or BMI of 30 or more becomes obese and 85% to 95% becomes overweight.