



Participant Anthropometry Results

Date: _____

This fact sheet provides your results from today's visit and information about what these measures might mean for your health. These results are not to be used as diagnostic information or make decisions about your health. If you are concerned with these results, you should contact your primary health care physician.

BODY MEASUREMENTS:		
Height	___ ___ cm	Weight ___ ___ Kg Waist size ___ ___ cm

BODY MASS INDEX:

Body mass index (BMI) is a common tool used by researchers and health care professionals. BMI measures your weight in relation to your height, and it is closely associated with measures of body fat.

You can calculate your BMI using this formula:

$$\text{BMI} = [\text{weight (kg)} \text{ _____} / [\text{height (cm)} \text{ _____}^2] \times 10,000$$

With the metric system, the formula for BMI is weight in kilograms divided by height in meters squared. Since height is commonly measured in centimeters, an alternate calculation formula, dividing the weight in kilograms by the height in centimeters squared, and then multiplying the result by 10,000, can be used.

You can also find your BMI using the chart on the reverse side of this page.

WAIST CIRCUMFERENCE:

Excess weight as measured by BMI is not the only risk to your health. Where excess fat is located on your body may be another risk. If you carry fat mainly around your waist, you are more likely to develop health problems than if you carry fat mainly in your hips and thighs. This is true even if your BMI falls within the normal range. Women with a waist measurement of more than 35 inches may have a higher disease risk than people with smaller waist measurements because of where their fat lies.

IF YOUR RESULTS ARE HIGH:

Extra weight can put you at higher risk for type 2 diabetes (high blood sugar), high blood pressure, heart disease and stroke, some types of cancer, sleep apnea (when breathing stops for short periods during sleep), osteoarthritis (wearing away of the joints), gallbladder disease, liver disease, and irregular menstrual periods.

If your BMI is between 25 and 30 and you are otherwise healthy, try to look into healthy ways to improve your eating and physical activity habits.

Talk to your health care provider about losing weight if:

- Your BMI is 30 or above, **or**
- Your BMI is between 25 and 30 **and** you have two or more of the health problems listed above **or** a family history of heart disease or diabetes
- Your waist measures over 35 inches—even if your BMI is less than 25—**and** you have two or more of the health problems listed above **or** a family history of heart disease or diabetes.

[Source: National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) Weight-Control Information Network (WIN). "Weight and Waist Measurements: Tools for Adults." NIH Publication No. 04-5283. November 2008. A related fact sheet is also available at <http://www.win.niddk.nih.gov>.]

	NORMAL						OVERWEIGHT					OBESE								EXTREME OBESITY				
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
Height (Feet-Inches)	Weight (Pounds)																							
4' 10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201
4' 11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208
5' 00"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215
5' 01"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222
5' 02"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229
5' 03"	107	112	118	124	130	135	141	146	152	158	163	169	174	180	186	191	197	203	208	214	220	225	231	237
5' 04"	110	116	122	128	134	140	145	151	157	163	169	175	180	186	191	197	204	209	215	221	227	232	238	244
5' 05"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252
5' 06"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260
5' 07"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268
5' 08"	125	131	138	144	151	158	164	171	177	184	190	197	204	210	216	223	230	236	243	249	256	262	269	276
5' 09"	128	135	142	149	155	162	169	176	182	189	196	203	210	216	223	230	236	243	250	257	263	270	277	284
5' 10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292
5' 11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301
6' 00"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309
6' 01"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	275	280	288	295	302	310	318
6' 02"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326
6' 03"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335
6' 04"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344

Adapted from: George Bray, Pennington Biomedical Research Center; *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*, National Institutes of Health, National Heart, Lung, and Blood Institute, September 1998.

More resources:

American Heart Association: www.heart.org

National Heart, Lung, and Blood Institute: www.nhlbi.nih.gov

Centers for Disease Control: www.cdc.gov

U. S. Department of Health and Human Services, Women's Health: www.womenshealth.gov