

What you should know about Body Mass Index



Did you know?

Being overweight increases your risk for high blood pressure, heart disease and diabetes. There are steps you can take to reach a healthy weight and help prevent health problems. Read on to learn more.

Know your Body Mass Index (BMI)

Your BMI lets you know if your weight is healthy in relation to your height. Your doctor or other health professional can help you calculate your BMI. You can also use an online calculator from the Centers of Disease Control and Prevention (CDC) at <http://www.cdc.gov/nccdphp/dnpa/bmi/>. All you have to do is enter your height and weight.

Understanding your BMI

BMI (Body Mass Index)	Weight Status	Steps you should take
Below 18.5	Underweight	Your BMI shows that you could benefit from gaining weight. Talk to your doctor about healthy ways to gain weight.
18.5 – 24.9	Healthy	Your BMI is within the normal range. Be sure to eat a healthy diet and get 30 minutes of exercise most days of the week to keep your BMI in this range.
25.0 – 29.9	Overweight	Your BMI shows that you can benefit from losing weight. Losing weight can help you avoid health problems. Talk to your doctor about starting a weight loss plan that is right for you.
30.0 and Above	Obese	Your BMI is high and puts you at a greater risk for high blood pressure, heart disease and diabetes. You should talk to your doctor about steps you can take to lose weight.

A BMI over 25 means that you should take steps to lose weight. If you are overweight, losing just 10 pounds can lower your blood pressure and improve your health. Talk to your doctor or health coach about an exercise and healthy eating plan that can help you reach a healthy weight.

Call a health coach

If you have questions about your BMI or other health topics, you can call a health coach toll-free at 1-888-275-1205. Your health coach can help you understand what your BMI number means to your health. You can also use the HealthMedia® Balance™ program to create a personalized weight management and physical activity plan at www.khpa.ks.gov/healthquest.

