



BODY MASS INDEX

BMI (measure of weight relative to height) has a lot to do with health. Only you can personally improve the risks and care for your body in a manner that promotes mental, physical, emotional, and spiritual wellness. [Check the chart below to identify if your BMI creates risk to your health.](#)

When it comes to our weight we all have ideas, fears, and opinions. We are all made of a certain bone structure and height called our “build”. Our build is unique and based on things like our ethnic background, ancestors, and food intake of the past generations. We have to be satisfied with the “build”, but our weight is something we can change, to some degree. To be in good health, our weight should match our “build”. There is an easy system to determine if it matches in a healthy way. That system is called “Body Mass Index” (BMI). To calculate our personal BMI, we can divide our weight in pounds by our height in inches and divide the answer again by our height in inches and multiple that number by 703.

$$\text{Weight \#s} \underline{\hspace{1cm}} / \text{height inches} \underline{\hspace{1cm}} / \text{height inches} \underline{\hspace{1cm}} \times 703 = \underline{\hspace{1cm}} \text{ BMI}$$

Sound like too much math? [Simply use the chart on the back of this page to identify your BMI.](#)

BMI HEALTH RISK =

- high blood pressure
- diabetes
- heart attack
- and/or all around just not feeling good mentally or physically.
-

* 18.6-24.9 Limited Few
 * 25.0-29.9 Increased Risk
 * 30.0-39.9 Very High Risk
 * 40 or above Extreme Risk

Don't like where your risk level is? Talk to a nutrition professional with UTTC Land Grant Extension Program

Jan Keller, jkeller@uttc.edu or call 1504
 Travis Albers, talbers@uttc.edu or call 1563
 Jana Millner, jmillner@uttc.edu or call 1397

