

WEIGHT & OBESITY ASSESSMENT

According to most well recognized sources, weight assessment involves using three key measures that altogether provide a reasonable estimate of one's risk for developing obesity-associated diseases:

- 1/ BODY MASS INDEX OR "BMI" (a measure of your weight relative to your height)
- 2/ WAIST CIRCUMFERENCE (a measure of abdominal fat)
- 3/ OTHER RISK FACTORS (i.e., other diseases & conditions associated with obesity)

For those who are obese (BMI greater than or equal to 30) OR are overweight (BMI of 25 to 29.9) AND have two or more risk factors, the National Heart Lung and Blood Institute (NHLBI) guidelines recommend weight loss. Even a small weight loss (just 10 percent of current weight) will help to lower one's risk of developing diseases associated with obesity.

Those who are overweight, do not have a high waist measurement AND have less than 2 risk factors may need to prevent further weight gain rather than lose weight.

Although there are many factors to be considered before initiating pharmacotherapy for weight loss, such may be indicated for those with a BMI>30 OR a BMI>27 AND 2 risk factors.

1. BODY MASS INDEX (BMI)

BMI is a reliable indicator of total body fat, which is related to the risk of disease and death. The score is valid for both men and women with limitations that include:

...the BMI may overestimate body fat in athletes and others who have a muscular build.

...the BMI may underestimate body fat in older persons and others who have lost muscle mass.

Use the table below to obtain your BMI score. On the left, find your height and then match it horizontally to your weight, then scroll upwards to find your calculated BMI score.

	NORMAL WEIGHT						OVER-WEIGHT					OBESE					
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height	Body Weight (pounds)																
4 FEET																	
10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5 FEET																	
1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6 FEET																	
1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

2. WAIST CIRCUMFERENCE

Waist circumference is a good indicator of abdominal fat which is another predictor of risk for developing risk factors for heart disease and other diseases. This risk increases with a waist measurement of over 40 inches in men and over 35 inches in women.

The table below provides you with an idea of whether your BMI combined with your waist circumference increases your risk for developing obesity associated diseases or conditions.

Classification of Overweight and Obesity by BMI, Waist Circumference, and Associated Disease Risks

	BMI (kg/m ²)	Obesity Class	Disease Risk* Relative to Normal Weight and Waist Circumference	
			Men 102 cm (40 in) or less Women 88 cm (35 in) or less	Men > 102 cm (40 in) Women > 88 cm (35 in)
Underweight	< 18.5		-	-
Normal	18.5 - 24.9		-	-
Overweight	25.0 - 29.9		Increased	High
Obesity	30.0 - 34.9	I	High	Very High
	35.0 - 39.9	II	Very High	Very High
Extreme Obesity	40.0 +	III	Extremely High	Extremely High

* Disease risk for type 2 diabetes, hypertension, and CVD.

+ Increased waist circumference can also be a marker for increased risk even in persons of normal weight.

3. OTHER RISK FACTORS

- ❖ high blood pressure (hypertension)
- ❖ high LDL-cholesterol ("bad" cholesterol)
- ❖ low HDL-cholesterol ("good" cholesterol)
 - ❖ high triglycerides
 - ❖ high blood glucose (sugar)
- ❖ family history of premature heart disease
 - ❖ physical inactivity
 - ❖ cigarette smoking

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