Body Mass Index (BMI)
Adult

BMI is an estimate of body fat and potential health risk based on your height and weight. The higher your BMI is, the higher your risk for heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers.

BMI has some limitations
- It may overestimate body fat in athletes & others with a muscular build
- It may underestimate body fat in older persons & those who have lost a lot of muscle

How can I lower my BMI?
- Decrease the amount of calories and increase physical activity to lower your BMI. Identify behaviors that may lead to excess food intake and decreased physical activity.

Choose healthier foods on a daily basis
- Choose 5 or more servings of fruits and vegetables each day. Make half your plate vegetables!
  - Consume whole-grain products daily. Choose 100% whole grain breads, whole-grain cereals, pasta & rice.
  - Eat less saturated fat. Use meats and dairy products that are lean or low fat; consume dried beans.
  - Don’t skip meals.
  - Eat less foods and beverages with added sugars

Become more physically active
- First, ask your family doctor if there is any kind of activity you should NOT do.
- The best kind of activity is one you enjoy! Whatever activity you choose, perform 30 minutes per day, most days of the week. Walking or riding a bike is a great way to start. Find an exercise buddy or join an exercise class.

Meet with an IHA Nutrition Specialist to learn ways to reduce your BMI and risk factors for chronic disease. Schedule an appointment with the receptionist or call the IHA Nutrition Specialists at 734-747-6766, extension 10209.
### Body Weight (pounds) - ADULT

| 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  | 43  | 44  | 45  | 46  | 47  | 48  | 49  | 50  | 51  | 52  | 53  | 54  |
|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Height (inches) | 58  | 59  | 60  | 61  | 62  | 63  | 64  | 65  | 66  | 67  | 68  | 69  | 70  | 71  | 72  | 73  | 74  | 75  | 76  | 77  | 78  | 79  | 80  | 81  | 82  | 83  | 84  | 85  | 86  | 87  | 88  | 89  | 90  | 91  | 92  | 93  | 94  |
| 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  | 43  | 44  | 45  | 46  | 47  | 48  | 49  | 50  | 51  | 52  | 53  | 54  |
| 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  | 43  | 44  | 45  | 46  | 47  | 48  | 49  | 50  | 51  | 52  | 53  | 54  |
| 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  | 43  | 44  | 45  | 46  | 47  | 48  | 49  | 50  | 51  | 52  | 53  | 54  |
| 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  | 43  | 44  | 45  | 46  | 47  | 48  | 49  | 50  | 51  | 52  | 53  | 54  |
| 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  | 43  | 44  | 45  | 46  | 47  | 48  | 49  | 50  | 51  | 52  | 53  | 54  |
| 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  | 43  | 44  | 45  | 46  | 47  | 48  | 49  | 50  | 51  | 52  | 53  | 54  |
| 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  | 43  | 44  | 45  | 46  | 47  | 48  | 49  | 50  | 51  | 52  | 53  | 54  |
| 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  | 43  | 44  | 45  | 46  | 47  | 48  | 49  | 50  | 51  | 52  | 53  | 54  |

### How to use this chart:
- Find your height in the left hand column.
- Look across that row and find the weight nearest to yours.
- Look at the number at the top of the column to identify your BMI.
- A desirable BMI is between 19-25.

### NOTE OF CAUTION:
- BMI fails to consider lean body mass
- It is possible to consider a healthy, muscular individual with very low body fat to be classified as obese using the BMI formula
- If you are a trained athlete, your weight based on your measured percent body fat would be a better indicator of what you should weigh
- BMI charts vary for different populations.