

Body Mass Index & Your Lifestyle

Your Body Mass Index (BMI) is a reliable way to assess any risks that you may have for medical problems due to excess body weight. If your BMI is over 25, you are at increased risk for developing some health problems. If your BMI is over 30, your health risks are significant. It is important to know what your BMI is, so you can adapt lifestyle changes to prevent further weight gain *before* you develop medical complications.

How to find your BMI: *Match your weight on the top row with your height on the far left column and locate the corresponding BMI on the chart.*

BMI TABLE		WEIGHT (lbs.)																					
		120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330
4' 5"		30	33	35	38	40	43	45	48	50	53	55	58	60	63	65	68	70	73	75	78	80	83
4' 6"		29	31	34	36	39	41	43	46	48	51	53	56	58	60	63	65	68	70	72	75	77	80
4' 7"		28	30	33	35	37	40	42	44	47	49	51	54	56	58	61	63	65	68	70	72	75	77
4' 8"		27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65	67	70	72	74
4' 9"		26	28	30	33	35	37	39	41	43	46	48	50	52	54	56	59	61	63	65	67	69	72
4' 10"		25	27	29	31	34	36	38	40	42	44	46	48	50	52	54	57	59	61	63	65	67	69
4' 11"		24	26	28	30	32	34	36	38	40	43	45	47	49	51	53	55	57	59	61	63	65	67
5' 0"		23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	65
5' 1"		23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51	52	55	57	59	61	62
5' 2"		22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60
5' 3"		21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53	55	57	59
5' 4"		21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55	57
5' 5"		20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55
5' 6"		19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52	53
5' 7"		19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47	49	50	52
5' 8"		18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49	50
5' 9"		18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44	46	47	49
5' 10"		17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46	47
5' 11"		17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42	43	45	46
6' 0"		16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	42	43	45
6' 1"		16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	44
6' 2"		15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41	42
6' 3"		15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36	38	39	40	41
6' 4"		15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37	38	39	40
6' 5"		14	15	17	18	19	20	21	23	24	25	26	27	29	30	31	32	33	34	36	37	38	39
6' 6"		14	15	16	17	19	20	21	22	23	24	25	27	28	29	30	31	32	34	35	36	37	38
6' 7"		14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33	34	35	36	37
6' 8"		13	14	15	17	18	19	20	21	22	23	24	25	26	28	29	30	31	32	33	34	35	36
6' 9"		13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31	32	33	34	35
6' 10"		13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	34	35

Less risk More risk

If your BMI is...

- 19 – 24 **LESS RISK:** Your weight is probably within a healthy range. If you have started to gain weight and your BMI is getting close to 25, you may want to consider some lifestyle changes to prevent further weight gain.
- 25 – 29 **MORE RISK:** Your weight may put you at risk for developing some medical problems, especially if you are not active. Take steps now to better manage your weight. Look at the back of this page for some suggestions.
- Above 30 **HIGHEST RISK:** Your weight greatly increases your risk for serious medical problems such as high blood pressure, diabetes, coronary heart disease, stroke, arthritis, breathing and sleep problems, some types of cancer and psychological disorders such as depression. Long-term lifestyle changes for losing and better managing your weight should be a high priority for you.

A few words about lifestyle and weight management

Unfortunately, there is no magic cure for weight loss. Research shows that fad diets, prescription medications, herbal supplements, and starvation *do not* work in the long-term.

Research shows that losing weight and managing weight for the long-term involves three important elements:

1. developing more helpful and healthful eating habits
2. becoming more physically active
3. making small changes to the way you eat and to the way you stay active, and then sticking with these changes for the long-term

Combining these elements is the most effective way to lose weight and maintain weight loss over time.

How can I become more physically active?

Too much inactivity contributes to weight gain. Small increases in physical activity over time can make a big difference. Here are some things you can do to get moving:

- ▶ **Aim for 30 minutes of consistent physical activity on most days.**
 - ❑ Make physical activity a family affair. Go for family walks or bike rides.
 - ❑ Play sports or join a local gym or pool.
 - ❑ Walk instead of driving; take the stairs instead of the elevator.

How can I develop better eating habits?

Eating too many foods that are high in fat and sugar and not enough foods that are high in fiber, such as fruits and vegetables, is a recipe for weight problems. Small changes in what you eat make a big difference over time. Try some of these helpful and healthful suggestions:

- ▶ **Eat at least 5 helpings of fruits and vegetables every day (1 helping= 1/2 to 1 cup)**
- ▶ **Eat more ...**
 - ❑ Chicken, turkey, fish, beans, peas
 - ❑ Nonfat milk, nonfat yogurt, nonfat cheese
 - ❑ Baked, boiled, broiled or steamed foods
 - ❑ Whole grain breads and rice
- ▶ **Eat Less ...**
 - ❑ High fat dairy foods, such as whole milk, cheese, cream, and ice cream
 - ❑ Pan fried or deep-fat fried foods
 - ❑ Butter, margarine, gravy
 - ❑ Sodas, juice, and drinks high in sugar
 - ❑ Pastries, french fries, chips, crackers

For more information about lifestyle and weight management classes and programs offered at Kaiser Permanente, please visit your **Health Education Department**. You might also want to check out the following Kaiser Permanente resources for additional, reliable health information:

- ❖ Log on to www.kaiserpermanente.org, then click the “Kaiser Permanente Members Only” button.
- ❖ Check your *Kaiser Permanente Healthwise Handbook*.
- ❖ Listen to Kaiser Permanente Healthphone messages by calling 1-800-33-ASK ME (1-800-332-7563). The TTY (hearing impaired) Healthphone number is 1-800-777-9059.

To get your free handbook and Healthphone directory, call 1-800-464-4000.

The information presented here is not intended to diagnose health problems or to take the place of information or medical care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult your physician or other medical professional.