



# BMI:

## WHAT IS BODY MASS INDEX?

### Body mass index (BMI)

is a simple height-to-weight ratio that estimates whether you are overweight, underweight, have obesity or within an acceptable range. To calculate your BMI, find your height (in inches) on the chart below and follow that row horizontally until you reach your body weight (in pounds). The corresponding number is your BMI.

BMI is a global standard many medical professionals use, but it has some limitations. The equation does not consider factors such as age, gender, fitness level or body composition, meaning the results may not accurately reflect a person's wellness. For example, muscular athletes who are measured only using BMI appear overweight, and people with low weights who are out of shape may carry a dangerous level of body fat even if their BMI is in the normal range.

Other measurements, such as waist circumference, may help assess wellness and identify issues such as metabolic syndrome. Too much fat around your waist may increase your health risks more than having fat in other parts of your body. A waist circumference of more than 35 inches for women and more than 40 inches for men may indicate an increased risk for type 2 diabetes and heart disease. Your physician can accurately assess your body mass and its impact on your health.

Knowing your current BMI also can help you and your care team set post-surgery goals. So, consider asking your physician what a realistic post-surgery BMI goal is.

### BODY MASS INDEX CHART

Underweight

Healthy Weight

Overweight

Obesity

