



CONSULTANTS IN MEDICAL ONCOLOGY AND HEMATOLOGY, PC

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Body Mass Index (BMI) for Adults

Body mass index (BMI) is a number based on a person's weight and height that provides a way to estimate the effect of weight on health. Body mass index is used to estimate your total amount of body fat.

BMI does not differentiate between body fat and muscle mass. There are some exceptions to the BMI guidelines. BMI calculations will overestimate the amount of body fat for body builders, athletes or pregnant women and underestimate the amount of body fat for those who are elderly, or have a disability or muscle wasting.

Determine your healthy weight range by using BMI.

If your BMI is:

- Under 18 - you are very underweight and possibly malnourished.
- Under 20 - you are underweight and could afford to gain a little weight.
- 20 to 25 - you have a healthy weight range for young and middle-aged adults.
- 26 to 30 - you are overweight
- Over 30 - you are obese.

BMI and Health

BMI ranges are based on the relationship between body weight and disease.

Health conditions associated with being overweight or obese:

- Hypertension
- Dyslipidemia (high LDL cholesterol, low HDL cholesterol, or high triglycerides)
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast, and colon)

Health conditions associated with being underweight or malnourished:

- Compromised immune function
- Respiratory disease
- Digestive disease
- Cancer
- Osteoporosis

Promote wellness by using BMI.

BMI is a factor related to risk for disease. Often, small changes in diet and lifestyle can result in improvement in BMI and decreased risk of disease, and significant benefits to your health.