

## BMI

### Body Mass Index

#### What?

BMI measures the fat in your body.

|           |            |
|-----------|------------|
| 18.5-24.9 | Normal     |
| 25-29.9   | Overweight |
| Over 30   | Obese      |

#### Why?

BMI is used as a screening for possible problems. If your BMI is higher, you may have a higher risk of heart disease, high blood pressure, diabetes, breathing problems and some cancers.

If you have a high BMI and any of the following problems, your risk may be higher for a chronic illness.

#### 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 (early) heart disease
- Physical inactivity
- Cigarette smoking

People with a **BMI of 25 or more** that have **two or more risk factors**, should try to lose weight. Even if you lose a little weight (5-10 percent of your weight) you will have a lower risk of having a chronic illness.

