



## Do you know your **Body Mass Index?** Are You at A **Healthy Weight?**

Achieving a healthy weight can lower your risk of disease and increase your chances for a long and healthy life.

The United States Surgeon General advises using the body-mass index to find a healthy weight. Most of us rely on the bathroom scale to judge whether we're at a healthy weight. Body mass index (BMI) is a better way. The higher your BMI, the greater your risk for health problems. BMI uses a mathematical formula that takes into account both a person's height and weight. BMI equals a person's weight in kilograms divided by height in meters squared. (BMI=kg/m<sup>2</sup>). Look up your height and weight on the chart below. Circle the number at the top row where they meet. That's your BMI. Then check the interpretation table on the back side to see if your BMI fits into a healthy range.

**Body Mass Index Chart**

BMI	Normal				Overweight					Obese											
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
Height(inches)	Body Weight (pounds)																				
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320

It just makes sense.®

## How to Interpret Your BMI Score

- |                    | <b>BMI Range</b>  |
|--------------------|-------------------|
| • Underweight:     | less than 18.5    |
| • Healthy weight:  | 18.5 - 24.9       |
| • Overweight:      | 25.0 - 29.9       |
| • Obese Class 1:   | 30.0-34.9         |
| • Obese Class II:  | 35.0-39.9         |
| • Obese Class III: | greater than 40.0 |

Source: An expert panel, convened by the National Institutes of Health in 1998, recommended that Body Mass Index (BMI) be used to classify overweight and obesity.

## Waist Circumference

Waist circumference, an indicator of your abdominal fat, is another predictor of risk for developing heart disease and other health problems. This risk increases with a waist measurement of over **40** inches in men and over **35** inches in women. To determine your waist circumference, place a measuring tape snugly around your waist to get your waist measurement in inches.

## Weight Maintenance Formula: A Question of Balance

- Increased Food Intake + Inactivity = **Weight Gain**
- Decreased Food Intake + Increased Activity = **Weight Loss**  
*To lose weight, you must use more energy than you take in.*
- Balanced Food Intake + Balanced Activity = **Weight Management**  
*To maintain your weight, your intake of calories must equal your energy output.*

It's the small changes that can make a big difference in your overall body weight as well as your health.

## Being overweight and obese are associated with the following health problems:

- Heart disease, stroke and high blood pressure
- Certain types of cancer, including cancer of the colon
- Type 2 diabetes
- Arthritis
- Breathing problems
- Psychological disorders, such as depression.

## If you are overweight or obese, losing just 10% of your body weight can improve your health.

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