1. Body Mass Index, Ideal Weight & Calorie Requirement

What is Body Mass Index (B.M.I.)?

B.M.I. uses person's height and weight to assess that person's risk of health.

2. How do you calculate B.M.I.?

B.M.I. = Weight (Kg)/Height (M)2

3. What is normal B.M.I.?

Normal range -   Men : 18 – 24.9
                Women : 17 – 25

4. What is an abnormal B.M.I.?

B.M.I. : 25 – 29.9 = Over weight
        30 – 34.9 = Obesity I
        35 – 39.9 = Obesity II
           >40 = Obesity III
          < 17 = Under nutrition

5. What sorts of health risks does a high B.M.I. pose?

High B.M.I. are at higher risk of developing type 2 diabetes, cardiovascular diseases (Coronary artery diseases, hypertension, enlarged heart) infertility, stroke, insulin resistance, polycystic ovary syndrome and certain types of cancers particularly those of reproductive system, gall bladder and colonic, orthopedic problems like knee / hip problems (osteoarthritis).

6. Is B.M.I genetic?

According to American Dietic Association, two obese parents, there is 80% chance for their siblings to be obese, 40% if one parent is obese and only 10% chance if both parents are lean. There is also 39% increase in obesity among teenagers in USA.

7. Is B.M.I. a good measurement of health risk for every one?

B.M.I. is good measurement of health risk for most of general population. People with lot of muscle mass like athletes may have high B.M.I., but are not at increased risk of health problems as they have more muscle mass rather than fat mass as in general population.

8. How to lower a high B.M.I.?

As we can't change height in adults, lowering weight is the only way to reduce B.M.I.

9. **How to calculate ideal body weight?**

(Height in CMS – 100) x 0.9 is ideal weight.

10. **Should we keep our tummy under check?**

Yes, it is very important particularly in Asian Indians as it leads to a disease entity called "Syndrome x".

11. **What is an ideal waist circumference & waist – hip ratio among Indians?**

Cut of value for waist circumference -
Men < 90cms
Women < 80cms

Cut of value for waist – hip ratio
Men - 0.88
Women - 0.81