



BMI AND AIM FOR A HEALTHY WEIGHT RANGE

Generally, a combination of **Body Mass Index (BMI)** and **waist circumference** is the easiest way to rate your weight and risk of lifestyle-related disease.

To calculate your Body Mass Index simply divide your weight in kilograms by your height squared (i.e. height in metres multiplied by height in metres).

For example, a person who is 1.64m tall and weighs 73kg can calculate their BMI using the following equation:

- Weight = 73kg
- Height = 1.64m
- $BMI = 73 / (1.64 \times 1.64)$
- BMI = 27

Waist circumference, (regardless of height) is a good indicator of visceral (tummy) fat and risk of lifestyle-related disease.

According to the National Health and Medical Research Council Clinical Practice Guidelines for the Management of Overweight and Obesity in Adults, waist circumference above the following values increases an individual's risk of developing an adverse health outcome:

- Waist circumference of more than 94cm (men) and more than 80cm (women) = increased risk of metabolic complication.
- Waist circumference of more than 102cm (men) and more than 88cm (women) = substantially increased risk of metabolic complication.