

# Body Mass Index

## Are You at Risk? Early recognition is important.

**Body Mass Index, often referred to as BMI, is a number calculated from a person's weight and height.** BMI does not measure body fat directly, but is an alternative to direct measures of body fat. BMI is an inexpensive and easy-to-perform method of screening for weight categories that may lead to health problems.

### Determine your risk.

BMI is used as a screening tool to identify possible weight problems. BMI is one of the best methods to identify overweight and obesity. The use of BMI allows people to compare their own weight status to that of the general population. Some risk factors for developing overweight or obesity include:

- Family history of overweight/obesity
- Thyroid disease
- Lack of sleep
- Poor diet
- Certain medications
- Lack of exercise

### Recognize the symptoms.

If you've been thinking about your current weight, it may be because you've noticed a change in how your clothes fit or maybe you've been told by your doctor that you have high blood pressure or high cholesterol and that your weight could be a contributing factor. The first step is to determine whether you're currently at a healthy weight.

Other symptoms may include:

- Type 2 diabetes
- Stroke
- Sleep apnea
- Coronary heart disease
- Arthritis
- Some cancers

### Take the test.

BMI is calculated the same way for both adults and children. The calculation is based on a mathematical formula. To calculate BMI, divide weight in pounds (lbs) by height in inches (in) squared and multiply by a conversion factor of 703. *Don't worry, an INC Nurse will do the math!*

**Independent Nursing Care, LLC** provides participants with education on prevention and management of obesity. This includes high quality literature and one-on-one health counseling. Recommendations for lifestyle adjustments may be made and the importance of regular visits with your doctor will be emphasized.

## Summing it up.

**The correlation between the BMI number and body fatness is strong.**

However variations may include the following:

- At the same BMI, women tend to have more body fat than men.
- At the same BMI, older people tend to have more body fat than younger people.
- Athletes may have a high BMI because of increased muscularity rather than increased body fatness.

To assess someone's likelihood of developing diseases related to overweight and obesity, BMI along with Waist-to-Hip Ratio and Body Fat Screening is recommended.

## Knowing your numbers.

BMI for adults is interpreted using the following table and is the same for both men and women.

BMI	Weight Status
↓ 18.5	Underweight
18.5 - 24.9	Normal
25.0 - 29.9	Overweight
30.0 ↑	Obese

## Scheduling.

**BMI Screening Clinics** are available at flexible and convenient times. Once a date is chosen, you will receive a confirmation packet containing the following details:

1. Verification of clinic dates and times
2. A complete program summary
3. Duties and responsibilities of INC
4. Responsibility of your facility

**You will receive a comprehensive breakdown summary of the screening results.  
All personal information will be kept confidential.**

**Please call Independent Nursing Care to schedule  
a BMI Screening Clinic.**

phone: 716.655.8776 toll free: 1.888.264.5854

[www.INCnursing.com](http://www.INCnursing.com)

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