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The ideal BMI is between 19 and 25.

The BMI is calculated by taking your weight in kg, and dividing it by your height, in meters, squared. For example, if you weigh 75 kg and your height is 1.58 m then your BMI would be:

(weight) $75 = 30$ which falls into the obese category.

(height) $1.58 \times 1.58 = 2.49$

BMI values that are too high or too low are associated with increased risks for many diseases. Obesity is defined by a BMI of over 30 and is a growing problem worldwide. Even in South Africa we now have about 15% of the population as overweight and obese. Overweight and obesity puts one at risk for many diseases such as diabetes, heart attacks, stroke, hypertension, cancer, etc. In addition overweight and obese patients are more likely to need surgery for hip and knee replacements, with a higher risk of complication due to the excess body weight.

Therefore BMI is a good indication of risk for the patient and is a useful tool when considering

your own health and weight. It not only helps you define your weight goal but also gives you an indication of your overall health risk. For this reason, you should endeavor to lower it to as near to the ideal as possible.

The BMI chart below provides an easy to follow indication of your ideal weight for your height. It shows weights and heights using old and metric weights and measures, and will tell you whether you are underweight, at ideal weight, overweight, fat or very fat (obese). It gives you a clear indication of the difference between your actual weight and your ideal weight, which can be used to help you with your slimming plan.

Note: Weight status for children is different. See [BMI for Children](#) for more info.

BMI chart for adults

Simply read off your height on the left of the chart and then see where the line meets up with your weight in kg at the bottom of the chart. The point where the two lines meet is your BMI and you can then clearly see within which category (colour band) you fall.

Underweight

You need to eat more food, but make sure it is a balanced nutritious diet. You would be best advised to see a dietitian who can work alongside you to correct your eating habits. If you are very underweight it is advisable that you see your doctor.

OK

You are eating the right amount of food to keep your weight at a healthy level (BMI between 19 and 25). Make sure you continue choosing foods that make up a healthy balanced diet. Keep up the good work.

Overweight

It would be in your best interest to start using The Diet Plate[®] to help you get your portions right and under control again. Enjoy the freedom of choice of foods you would like to eat, and learn how to correct your portions of the foods that you choose at each meal using The Diet Plate

Fat

It is really important that you lose weight as your health may suffer at your current

weight. Begin by using The Diet PlateÒ to help you get back on track with your portion sizes at each meal. You would be well advised to see a dietitian who can work alongside you as you re-learn to get your food choices and portions correct again.

Very Fat

Being this overweight could be a serious risk to your health. You urgently need to lose weight and would be well advised to see a dietitian who can work alongside you as you re-learn to get your food choices and portions correct again. Take The Diet PlateÒ with you and talk to her about using it effectively to manage your weight.