

Are You At A Healthy Weight?

Reaching and maintaining a healthy weight is good for your overall health. This will help you prevent and control many chronic or diet-related diseases and conditions.

Follow these steps to know if you are at a healthy weight.

1

Calculate Your BMI

Weigh yourself and figure out your body mass index (BMI*). BMI shows if your weight is in the healthy range for people of your height. Calculate it at <http://nhlbisupport.com/bmi/bminojs.htm> by following these steps:

- Type your height and weight into the boxes and click "Submit." Your calculated BMI will appear on the right side of the screen.
- Compare your BMI with these:

Healthy weight = 18.5 - 24.9

Overweight = 25 - 29.9

Obese = 30 or greater

*While BMI is valid for most men and women, it does have some limitations. For more information, see http://www.nhlbi.nih.gov/health/public/heart/obesity/aim_hwt.pdf/.

You can also calculate your BMI using the chart below. Mark the square where your height and weight cross. The column where they cross will show you if you are at a healthy weight, overweight, or obese.

	Healthy Weight						Overweight					Obese					
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height	Weight (in pounds)																
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	256
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

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Measure Your Waist

If most of your fat is around your waist, you are at greater chance for developing risk factors for heart disease and diabetes.

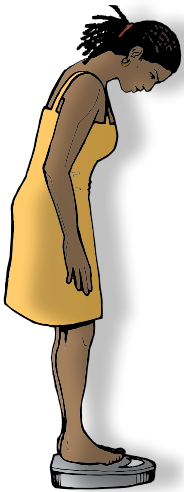
Measure your waist by placing a measuring tape snugly around it. Your waist measurement is high if it is:

- Greater than 35 inches for women
- Greater than 40 inches for men



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Take Action!



If your weight and waist measurement are at a healthy level	→	<ul style="list-style-type: none">• Keep up the good work! Try to not gain any weight.
If you are overweight	→	<ul style="list-style-type: none">• Be sure not to gain more weight.• Lose weight if you have two or more heart disease risk factors OR if your waist measurement is high.• Ask your doctor or a registered dietitian for help.
If you are obese	→	<ul style="list-style-type: none">• You need to lose weight. Take steps to lose 1 to 2 pounds per week.• Ask your doctor or a registered dietitian for help.

Do You Need to Lose Weight?

Check the [Tips for a Healthy Lifestyle](#) tip sheet to learn about ways to lose weight.



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