Chinese Community Health Resource Center
CCHRC
華人社區健康資源中心

建立一個健康的社區
BUILDING A HEALTHY COMMUNITY
www.cchrcHealth.org

Body Mass Index (BMI)

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI is a reliable indicator of body fatness for most people, except for persons with a lot of lean muscle mass (such as athletes, bodybuilders). BMI does not measure body fat directly, but research has shown that BMI correlates to direct measures of body fat, such as underwater weighing and dual energy x-ray absorptiometry (DXA). BMI can be considered an alternative for direct measures of body fat and is an inexpensive and easy-to-perform method of screening for weight categories that may lead to health problems, such as:

- Heart disease
- High blood pressure
- Diabetes
- Sleep apnea
- Hyperlipidemia (high cholesterol)
- Osteoarthritis
- Stroke

Compared to Caucasians of the same age, sex and BMI, Asians have a higher percentage of body fat. Therefore, Asians with a lower BMI score are at risk for developing health problems.

Classifications of BMI:
BMI for non-Asian adults (WHO BMI classifications, 1993)

Low	Normal	Pre-obese	Obese
<18.5	18.5 – 24.9	25.0 – 29.9	>=30

BMI for Asian adults (WHO expert consultation on BMI in Asian population, 2002)

Low	Normal	Pre-obese	Obese
<18.5	18.5 – 23.0	23.0 – 27.5	>=27.5

Formula for calculating BMI: **Weight (lbs) x 703**
                                   Height (in) x Height (in)

To calculate your BMI:
http://www.cchrchealth.org/health_calculators_p/body-mass-index-bmi-for-adults/