

## Body Mass & Chronic Disease Risk

### Am I Overweight or Obese?

Body Mass Index (BMI) is a general measure of weight for height (lbs/in.) as an indicator of disease risk.

**BMI** (lbs/in.)

Calculate your BMI online at:  
[www.calculator.net/bmi-calculator.html](http://www.calculator.net/bmi-calculator.html)

**Underweight** Below 18.5

**Healthy Weight** 18.5 - 24.9

**Overweight** 25.0 - 29.9

**Obese Class I:** 30 - 34.9

**Obese Class II:** 35 - 39.9

**Obese Class III:** 40 or greater

*Also considered severe (or extreme) obesity*

### Waist Circumference

Having a lot of fat around your belly can be unhealthy. Waist size is used to screen for health risks. To measure waist size, place measuring tape at the level of the belly button.



**Desirable Waist Size**

**Women Less than 35 inches**

**Men Less than 40 inches**

### Risk for Chronic Disease

Being overweight, obese, or having an undesirable waist size can put you at a higher risk for:

- Type 2 Diabetes
- Heart Disease
- High Blood Pressure
- Sleep Apnea
- Osteoarthritis
- Gallbladder Disease

## Small Steps to Reduce your Risk of Weight Gain and Chronic Disease?

- Increase your physical activity
  - Park farther away and walk
  - Take the stairs instead of the elevator or escalator
  - Take a short walk during your lunch break at work or every hour, if you can
- Avoid alcohol, caffeine, and sleeping pills
- Drink lots of water every day
- Avoid yo-yo dieting, or any extreme low-calorie diets
- Skip the whipped cream or syrup in your morning frappuccino
- Serve meals on smaller plates
- Turn off the TV and other distractions during meals
- Stock your fridge and pantry with fresh fruit and vegetables (in ready-to-eat portions)
- Eat healthy snacks such as nuts, fruit, and vegetable sticks
- Be sure to sleep well
- Stop using nicotine-based products like cigarettes and e-cigarettes. Call 1-800-QUITNOW for help.

## Want to Learn More?

For more key recommendations about losing weight and reducing your risk of chronic disease, see:

<https://www.cdc.gov/obesity/strategies/index.html>

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