

The Relation between Weight and Health Consequences

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What do you know about body mass index (BMI)?

$$\text{BMI} = \text{weight (kg)} / \text{height (m)}^2$$

- An indirect measure of adiposity (body fatness).
- NOT a direct measure of adiposity.
- Does NOT differentiate between fat and fat-free mass.

Body Mass Index (BMI)

STANDARD

METRIC

Your Height:

(feet) (inches)

Your Weight:

(pounds)

Compute BMI

Your BMI:

BMI Categories:

Underweight = <18.5
Normal weight = $18.5\text{--}24.9$
Overweight = $25\text{--}29.9$
Obesity = BMI of 30 or greater

What Next? Take Action Towards Better Health:

[Maintain a Healthy Weight](#)

- Maintaining a healthy weight is important for your heart health.
- Learn more about [overweight and obesity](#)

[Increase Physical Activity](#)

- Moving more can lower your risk factors for heart disease.

[Eat a Heart-Healthy Diet](#)

- Eating a healthy diet is the key to heart disease prevention.

[Know and Control Your Heart Health Numbers](#)

- Tracking your heart health stats can help you meet your heart health goals.



The BMI scale does NOT apply to people who are:

- Pediatric
- Pregnant
- Athletic

Health Consequences of Overweight/Obesity

- Type 2 diabetes
- High blood pressure
- Heart disease
- Stroke
- Metabolic syndrome
- Fatty liver diseases
- Some cancers
- Breathing problems
- Osteoarthritis
- Gout
- Diseases of the gallbladder and pancreas
- Kidney disease
- Pregnancy problems
- Fertility problems
- Sexual function problems
- Mental health problems

Overweight and obesity may increase your risk for many health problems—especially if you carry extra fat around your **waist**. Reaching and staying at a healthy weight can help prevent these problems, stop them from getting worse, or even make them go away.

It is key to get regular check-ups with your doctor and monitor your health.

Diet and exercise are important for weight management.

Citation

- <https://www.cdc.gov/nccdphp/dnpao/growthcharts/training/bmiage/page1.html>
- https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm
- <https://www.niddk.nih.gov/health-information/weight-management/adult-over-weight-obesity/health-risks>

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