Aim for a Healthy Weight

Body Mass Index (BMI) is a practical method to assess body fat. As an individual’s BMI increases, so does his or her risk for a variety of diseases and conditions, such as high blood pressure, diabetes, and heart disease. While BMI can be used for most men and women, it does have some limitations:

- It may **overestimate** body fat in athletes and others who have a muscular build.
- It may **underestimate** body fat in older persons and others who have lost muscle.

Know Your BMI

Use the table below to find your height, next move across the row to find your weight, and then go above that column to the top of the page to find your BMI.

Use the following BMI categories to check your weight status:

- BMI < 18.5: Underweight
- BMI 18.5–24.9: Normal weight
- BMI 25–29.9: Overweight
- BMI 30–39.9: Obese
- BMI ≥ 40: Extreme Obesity

Also check out the BMI calculator at [http://www.nhlbisupport.com/bmi/](http://www.nhlbisupport.com/bmi/).

Aim for a Healthy Weight
A Quick Reference Tool to ACT (Assessment (A), Classification (C), and Treatment (T))

Patient encounter
- Assess the patient’s weight status
- Provide advice, counseling, or treatment

BMI
- BMI categories:
  - Overweight: 25–29.9 kg/m²
  - Obesity: ≥ 30 kg/m²
- Calculate BMI as follows:
  BMI = weight (kg) / height squared (m²)
  If pounds and inches are used:
  BMI = weight (lbs) x 703 / height squared (in²)
- Or see NHLBI’s BMI calculator at www.nhlbisupport.com/bmi/

Waist circumference
- Abdominal fat increases risk.
- High risk: F: > 35 in (> 88 cm) M: > 40 in (> 102 cm)

Risk Factors
- Established Coronary Heart Disease (CHD)
- Other Atherosclerotic Disease
- Type 2 Diabetes
- Sleep Apnea
- Other Obesity Associated Diseases

Classify
- Does patient want to lose weight?

Set Goals
- Advise patient to lose 10% of initial weight
- 1–2 lbs/wk for 6 months of therapy
- See options below

Lifestyle Therapy
- Diet:
  - 500–1,000 kcal/day reduction
  - Physical Activity: 60 minutes of moderate-to-vigorous activity most days of the week
- Orlistat—120 mg or 120 mg po tid before meals
- Sibutramine—5, 10, 15 mg; 10 mg po qd to start may be increased to 15 mg or decreased to 5 mg
- Adjunct to lifestyle therapy. Consider if patient has not lost 1 lb/wk after 6 months of lifestyle therapy.
  - Orlistat—120 mg or 120 mg po tid before meals
  - Sibutramine—5, 10, 15 mg; 10 mg po qd to start may be increased to 15 mg or decreased to 5 mg
- Consider if other weight loss attempts have failed
- Vertical banded gastroplasty or gastric bypass
- Lifelong medical monitoring

Maintenance counseling
- Yes
- No

Periodic weight, BMI, and waist circumference check
- Yes
- No

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