

# parent tips

## Knowing What Your Weight Means

It's important to be at a healthy weight. Body Mass Index—or BMI—and waist size are two numbers that can help you decide if your weight is healthy, or if you need to make some changes. This tip sheet explains how to find both and what they mean.



### Body Mass Index (BMI)

BMI is a measure of how much you weigh compared to how tall you are. Adults can use the chart below to check their BMI. However, children's BMIs are also based on their age and gender. To find your child's BMI—and learn what it means for their health—use the U.S. Centers for Disease Control and Prevention's calculator at <http://apps.nccd.cdc.gov/dnpabmi/>.

### For Adults — Find Your BMI in the Chart on the Reverse Side

- See an example of someone who has a BMI of 24 on the chart.
- Find **your** height on the left side of the table.
- Follow that row across until you come to your weight. If your weight is between two numbers, choose the smaller number.
- Then follow that column straight down to find your BMI.

Write your BMI here: \_\_\_\_\_

### What does your BMI mean?

- **BMI of 19 to 24 means you are a healthy weight.** Make it your goal to stay at that way.
- **BMI of 25 to 29 means you are overweight.** Avoid gaining more weight. You may need to lose weight. Check with your doctor.
- **BMI of 30 or higher means you are obese.** You probably need to lose weight. Lose weight slowly—about 1 to 2 pounds a week. Talk to your doctor about the best ways to lose weight.

### Waist Measurement

Waist measurement is another way to see if you are at a healthy weight. Your waist measurement is a sign of how much fat you have around your waist. The more "belly" fat you have, the higher your risk for getting heart disease, type 2 diabetes (high blood sugar), or other illnesses.

## How to Measure Your Waist

- Place a tape measure around your bare belly, just above your hip bones.
- Be sure the tape is snug, but does not push in your skin.
- Be sure the tape is level all the way around you.
- Breathe out normally and measure your waist.

Write your waist measurement here: \_\_\_\_\_

## What Does Your Waist Measurement Mean?

- **For men,** a waist measurement bigger than 40 inches means a higher risk for heart disease, type 2 diabetes (high blood sugar), or other illnesses.
- **For women,** a waist measurement bigger than 35 inches means a higher risk for heart disease, type 2 diabetes (high blood sugar), or other illnesses.

## Body Mass Index (BMI) Table

### Step 1:

Find your height in the left column



### Step 2:

Follow the row across until you come to your weight

### Step 3:

Your BMI is at the bottom of the column under your height

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	258
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
<b>BMI</b>	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
	<b>Healthy Weight</b>						<b>Overweight</b>					<b>Obese</b>					

*We Can!* is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

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