

What is body composition? Why is it important?

Your body is made up of water, fat, protein, carbohydrate and various vitamins and minerals. If you have too much fat — **especially if a lot of it is at your waist — you're at higher risk** for such health problems as high blood pressure, high blood cholesterol and diabetes. These increase your risk for heart disease and stroke as well as for several cancers.

- BMI values less than 18.5 are considered underweight.
- **BMI values from 18.5 to 24.9 are healthy.**
- Overweight is defined as a body mass index of 25.0 to less than 30.0. A BMI of about 25 kg/m² corresponds to about 10 percent over ideal body weight. People with BMIs in this range have an increased risk of heart and blood vessel disease.
- Obesity is defined as a BMI of 30.0 or greater (based on NIH guidelines) — about 30 pounds or more overweight. People with BMIs of 30 or more are at higher risk of cardiovascular disease.
- Extreme obesity is defined as a BMI of 40 or greater.

Waist circumference and body mass index (BMI) are indirect ways to assess your body composition. Waist-to-hip ratio (WHR) is another index of body fat distribution. However, WHR is less accurate than BMI or waist circumference and is no longer recommended.

What is the waist circumference?

Waist circumference is the distance around your natural waist (just above the navel). If your BMI is greater than or equal to 25 kg/m², your goal for waist circumference is **less than 40 inches if you're a man and less than 35 inches if you're a woman.**

Information from American Heart Association www.americanheart.org
Nat'l Heart Lung and Blood Institute www.nhlbi.nih.gov/health

What is body composition? Why is it important?

Your body is made up of water, fat, protein, carbohydrate and various vitamins and minerals. If you have too much fat — **especially if a lot of it is at your waist — you're at higher risk** for such health problems as high blood pressure, high blood cholesterol and diabetes. These increase your risk for heart disease and stroke as well as for several cancers.

- BMI values less than 18.5 are considered underweight.
- **BMI values from 18.5 to 24.9 are healthy.**
- Overweight is defined as a body mass index of 25.0 to less than 30.0. A BMI of about 25 kg/m² corresponds to about 10 percent over ideal body weight. People with BMIs in this range have an increased risk of heart and blood vessel disease.
- Obesity is defined as a BMI of 30.0 or greater (based on NIH guidelines) — about 30 pounds or more overweight. People with BMIs of 30 or more are at higher risk of cardiovascular disease.
- Extreme obesity is defined as a BMI of 40 or greater.

Waist circumference and body mass index (BMI) are indirect ways to assess your body composition. Waist-to-hip ratio (WHR) is another index of body fat distribution. However, WHR is less accurate than BMI or waist circumference and is no longer recommended.

What is the waist circumference?

Waist circumference is the distance around your natural waist (just above the navel). If your BMI is greater than or equal to 25 kg/m², your goal for waist circumference is **less than 40 inches if you're a man and less than 35 inches if you're a woman.**

Information from American Heart Association www.americanheart.org
Nat'l Heart Lung and Blood Institute www.nhlbi.nih.gov/health

What is the body mass index (BMI)?

Body mass index assesses your body weight relative to height. It's a useful, indirect measure of body composition because it correlates highly with body fat in most people. Weight in kilograms is divided by height in meters squared (kg/m²). In studies by the National Center for Health Statistics.

Height	Minimal risk (BMI under 25)	Moderate risk (BMI 25– 29.9) Overweight	High risk (BMI 30 and above) Obese
4'10"	118 lbs. or less	119–142 lbs.	143 lbs. or more
4'11"	123 or less	124–147	148 or more
5'0"	127 or less	128–152	153 or more
5'1"	131 or less	132–157	158 or more
5'2"	135 or less	136–163	164 or more
5'3"	140 or less	141–168	169 or more
5'4"	144 or less	145–173	174 or more
5'5"	149 or less	150–179	180 or more
5'6"	154 or less	155–185	186 or more
5'7"	158 or less	159–190	191 or more
5'8"	163 or less	164–196	197 or more
5'9"	168 or less	169–202	203 or more
5'10"	173 or less	174–208	209 or more
5'11"	178 or less	179–214	215 or more
6'0"	183 or less	184–220	221 or more
6'1"	188 or less	189–226	227 or more
6'2"	193 or less	194–232	233 or more
6'3"	199 or less	200–239	240 or more
6'4"	204 or less	205–245	246 or more

Provided by Community of Christ Health Ministries Association
www.hmaCofChrist.org 816-833-1000 ext 1262 HMA@CofChrist.org

What is the body mass index (BMI)?

Body mass index assesses your body weight relative to height. It's a useful, indirect measure of body composition because it correlates highly with body fat in most people. Weight in kilograms is divided by height in meters squared (kg/m²). In studies by the National Center for Health Statistics.

Height	Minimal risk (BMI under 25)	Moderate risk (BMI 25– 29.9) Overweight	High risk (BMI 30 and above) Obese
4'10"	118 lbs. or less	119–142 lbs.	143 lbs. or more
4'11"	123 or less	124–147	148 or more
5'0"	127 or less	128–152	153 or more
5'1"	131 or less	132–157	158 or more
5'2"	135 or less	136–163	164 or more
5'3"	140 or less	141–168	169 or more
5'4"	144 or less	145–173	174 or more
5'5"	149 or less	150–179	180 or more
5'6"	154 or less	155–185	186 or more
5'7"	158 or less	159–190	191 or more
5'8"	163 or less	164–196	197 or more
5'9"	168 or less	169–202	203 or more
5'10"	173 or less	174–208	209 or more
5'11"	178 or less	179–214	215 or more
6'0"	183 or less	184–220	221 or more
6'1"	188 or less	189–226	227 or more
6'2"	193 or less	194–232	233 or more
6'3"	199 or less	200–239	240 or more
6'4"	204 or less	205–245	246 or more

Provided by Community of Christ Health Ministries Association
www.hmaCofChrist.org 816-833-1000 ext 1262 HMA@CofChrist.org