

BMI, Body Fat % and Obesity

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HCA  Houston
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Body Mass Index = BMI



The image shows a screenshot of a BMI calculator interface. At the top, it says "Body Mass Index (BMI) Calculator for Adults". There are two tabs: "Calculator" (selected) and "What is BMI?". Below the tabs, it says "Calculate Your BMI" with options for "English" (selected) and "Metric". The "Height:" section has two input fields: "0" for feet and "0" for inch(es). The "Weight:" section has one input field: "0" for pounds, with a note "(8 ounces = .5 pounds)". At the bottom, there is a "Calculate" button and an image of a scale.

BMI

- <18.5 Underweight
- Between 18.6 and 25 Normal weight
- Between 25.1 and 30 Overweight
- Greater than 30.1 Obesity
- Greater than 40 Extreme obesity

Source: <https://www.cdc.gov/obesity/adult/defining.html>

Body Fat = Adipose tissue

- The higher the BMI, the higher percentage of body fat



US Units	Metric Units	Other Units
Gender	<input checked="" type="radio"/> male	<input type="radio"/> female
Age	<input type="text" value="25"/>	
Weight	<input type="text" value="152"/>	pounds
Height	<input type="text" value="5"/> feet	<input type="text" value="10.5"/> inches
Neck	<input type="text" value="1"/> feet	<input type="text" value="7.5"/> inches
Waist	<input type="text" value="3"/> feet	<input type="text" value="1.5"/> inches

<https://www.calculator.net/body-fat-calculator.html>

Obesity

Increases your risk for:

- High blood pressure
- Heart disease
- Stroke
- Type 2 diabetes
- Certain types of cancers (colorectal and breast) *

* Source: American Cancer Society (<https://www.cancer.org/healthy/eat-healthy-get-active/take-control-your-weight/body-mass-index-bmi-calculator.html>)

Start your journey to a healthier YOU!

- Physical activity
- Hydration
- Sleep
- Healthier food choices
- Portion control

Physical Activity

Physical activity is anything that gets your body moving!

- 150 minutes of moderate aerobic activity each week
- Start slow, increase slowly



Water – Are you drinking enough water?



Sleep



National Sleep Foundation
recommends 7- 9 hours of sleep
each night

Healthier Food Choices

- 5 servings of fruits and vegetables a day



Portion Control

