

# BMI: Facts

Body Mass Index (BMI) measures a person's height to weight ratio and the higher it is, the more likely a person may develop health problems including diabetes, hypertension, heart disease, arthritis or other medical issues.

Here is what you need to know:

## What

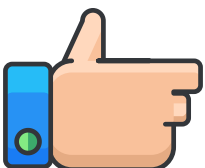
A BMI or body mass index calculates your weight to height ratio. If your BMI is high you may need to lose a little weight. By tracking this number over time you and your health care provider can be better informed of health habits and what needs to be changed to stay in good health.

## How

A person's BMI is a calculation based on weight in kilograms (kg) divided by his or her height in meters squared. Of course it is much easier to google "BMI calculator" online. You will need to know your height and weight.

## Ideal

A BMI between 18.5 and 24.9 is considered ideal. A BMI under 18.5 is considered low.



## Over

A BMI between 25 and 29 is considered overweight.



## Obese

A BMI of 30 or more is considered obese.

