

Adults

Body Mass Index

Obesity is defined clinically by body mass index (BMI). BMI is a measure of adiposity and is calculated by dividing weight by height squared.

English Formula:
$$\text{BMI} = \frac{\text{Weight in Pounds}}{(\text{Height in Inches})^2} \times 703$$

Adults:

1. **Weigh at each visit**
2. **Measure height using stadiometer yearly**
3. **Calculate BMI at least yearly.**
4. **Inform patient of assessment.**

BMI wheels have been developed and can be ordered on the Order Form. Align height and weight of patient on the BMI wheel to read BMI.

An online BMI calculator is available on the Centers for Disease Control and Prevention (CDC) website at <http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>.

In addition, downloadable software is available without charge for personal digital assistant devices from the National Heart, Lung, and Blood Institute.

- *BMI Calculator for use on Palm OS and PocketPC 2003 Devices*
http://hp2010.nhlbihin.net/bmi_palm.htm

See How to Weigh and Measure.

Waist Circumference

In addition to BMI calculation, waist circumference is an important vital sign. A high waist circumference is associated with an increased risk of type 2 diabetes, dyslipidemia, hypertension, and CVD. Waist circumference is interrelated to BMI but waist circumference also provides an independent prediction of risk over and above that of BMI.

Adults

1. **If BMI 25-34.9, measure waist yearly.**
2. **Inform patient of assessment.**

Men with a circumference of greater than 40 inches and women with a circumference of greater than 35 inches are at particular risk. According to NHLBI, **waist circumference measurement is particularly useful in patients who are categorized as normal or overweight on the BMI scale. It is not necessary to take waist circumferences on persons with a BMI >35** as it has little added predictive power of disease risk beyond that of BMI.

A color-coded body tape measure can be ordered on the Order Form. The measuring tape is divided into sections for men and women and has green areas for acceptable waist circumference, yellow signifying caution, and red indicating waist circumference exceeds guidelines.

Measuring Tape Position for Waist (Abdominal) Circumference

