

MEASURING YOUR HEALTH

January 2013

NEWS YOU CAN USE



Do Not Forget These Other Great Resources:

Healthwise® Handbook, the 24-Hour Nurse Line, Nurse Online Chat, Audio Health Information Library® and you can go online to www.express-health.com for links to reliable health information.

Challenge:

Try measuring your waist circumference to gauge your risk of weight related diseases.

CDC.gov
Livestrong.com
Nhlbisupport.com/bmi/

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Maintaining a healthy body weight is important for overall health. Being overweight is a direct risk factor for many diseases including heart disease, high blood pressure, Type 2 Diabetes, gallstones, breathing problems and certain cancers. Knowing simple weight based health measurements can provide a better understanding of your risk for disease and may guide you to a healthy weight for you.

Body Mass Index (BMI) uses a height to weight ratio to determine risk for disease. You can use a BMI chart or an online BMI calculator, such as <http://nhlbisupport.com/bmi/>, to find this measurement. Or, enter your height in inches and your weight in pounds into this equation, $(\text{Weight} \div \text{Height}^2) \times 703 = \text{BMI}$. Remember, this number does not take into account muscle mass, age, or gender, but for most people it is a valuable measurement to determine their health risk.

LOW RISK	MODERATE RISK	HIGH RISK
BMI = 18.5 - 24.9	BMI = 25 - 29.9	BMI = Greater than 30

Body Fat Percentage represents how much of your weight is fat mass versus lean mass. This measurement factors in muscle mass, age, and gender when determining your risk for disease. There are a few methods used to find this measurement, but the least invasive is with a Bioelectrical Impedance Analysis (BIA) device that sends a small electrical current through the body. Because electricity travels quicker through non fat than it does through fat, the BIA calculates your percentage based off how long it takes the current to travel through your body. Ask your doctor or fitness trainer if they have a BIA and are able to calculate this measurement for you.

	AGE	LOW RISK	MODERATE RISK	HIGH RISK
	20-39	21-32	33-38	Greater than 39
F	40-59	23-33	34-39	Greater than 40
	60-79	24-35	36-41	Greater than 42
	20-39	8-19	20-24	Greater than 25
M	40-59	11-21	22-27	Greater than 28
	60-79	13-24	25-29	Greater than 30

Waist Circumference is measured by taking a tape measure around the middle of your belly starting at your belly button. This measurement is important in predicting a person's risk for chronic conditions because your risk is higher if you carry most of your weight around your waist rather than around your hips.

	HIGH RISK
Men:	40-inches or greater
Women:	35-inches or greater

If you are actively working to increase your exercise, lose weight, or make smarter food choices, do not be discouraged if you do not see results right away on the scale. Healthy weight loss is just 1-2 pounds per week. Try looking for other indicators such as how your clothes fit or how you are feeling. Energy level and endurance can say a lot about your health.