

## Controlling your risk: Weight and waist size

You may track your weight for health reasons. Your doctor uses BMI (Body Mass Index) and your waist measurements instead.

**Why BMI?** It is an estimate of the percentage of fat in your body. BMI is not an accurate measure of risk in a very muscular person. Your height and weight are used to calculate your BMI.

Underweight is a BMI of less than 18.5

Normal weight is a BMI between 18.5 and 25

Overweight is a BMI between 25 and 30

Obesity is a BMI between 30 to 35

Severe obesity is a BMI of 35 or more.

**Why your waist** measurement. Your waist size may be a risk even if your weight is normal. A large waist increases the risk of developing cancers, diabetes, and heart disease.

Women should have a waist measurement of less than 35 inches.

Men should have a waist measurement of less than 40 inches.

**Weight control** is a lifelong process. Losing and regaining weight may be worse for your health than staying the same weight.

**If you are not at an optimal weight and waist** these problems are bigger risks for you.

Coronary artery disease or hardening of the arteries

Diabetes or impaired fasting glucose

Family history of early heart disease or stroke

High blood pressure, high LDL cholesterol or low HDL cholesterol

Sleep apnea

Smoking

**Your doctor may ask you to...**

not gain weight, if you are overweight and have fewer than 2 other risk factors.

lose some weight to control your risks. Weight loss recommendation is 5 to 10% of your total weight.

You weigh	A reasonable loss is
130 pounds	6 ½ to 13 pounds
180 pounds	9 to 18 pounds
250 pounds	12 ½ to 25 pounds.

lose weight slowly, one to two pounds a week over six months.

**Keep the weight off** by choosing healthy foods, practicing portion control, and exercising regularly.

