

WHAT YOUR BMI SAYS ABOUT YOUR HEALTH



How to calculate BMI

Body mass index = BMI

BMI is an estimate of body fat based on height and weight. Higher BMI increases the risk of developing a number of serious illnesses in later life

$$\text{BMI} = \frac{\text{Body Weight (kg)}}{\text{Body Height (m)} \times \text{Body Height (m)}}$$

A high BMI may increase to develop these conditions:

- High Cholesterol
- High Blood Pressure
- Diabetes Type 2
- Heart Attack
- Sleep Apnea
- Liver Disease
- Discolored Skin Rashes
- Kidney Failure
- Infertility
- Joint Pain
- Cancer
- Osteoporosis

How can you lose weight ?

- Set a realistic target to reduce half kilogram of body weight per week.
- Adopt healthy eating based on "Malaysian Healthy Plate"
- Avoid restricting calories when you are really hungry. If you do, you will tend to binge later.
- Limit intake foods high in sugar and fat such as butter, cream, fatty meat, salad dressing, rich cake and pastries.
- Avoid eating and drinking while watching television or reading.
- Do some moderate-intensity exercise for at least 30 minutes a day at least five to six days a week.

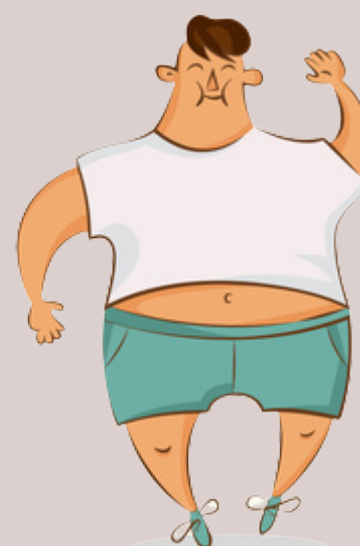
Know Your BMI and Its Classification



Underweight : <18.5



Normal : 18.5-22.9



Obesity : >27.9

Source: Clinical Practice Guidelines, Management of Obesity, 2004.

1. Website: <https://www.niddk.nih.gov/health-information/weight-management/health-risks-overweight>.

2. Body Mass Index (BMI) - PORTAL MyHEALTH. (2020). Retrieved 18 May 2020, from <http://www.myhealth.gov.my/en/bmi/>