

To calculate Body Mass Index (BMI): ( wt in pounds X 704) ÷ (ht in inches) ÷ (ht in inches)

## Classification of Overweight and Obesity NHLBI Expert Panel

	BMI kg/m <sup>2</sup>	Obesity Class	Disease Risk* (Relative to Normal Weight and Waist Circumference**)	
			Waist measurement Men ≤ 40 in (≤ 102 cm) Women ≤ 35 in (≤ 88 cm)	Waist measurement Men > 40 in (> 102 cm) Women > 35 in (> 88 cm)
Underweight	< 18.5		--	--
Recommended **	18.5 – 24.9		--	--
Overweight	25.0 – 29.9		Increased	High
Obesity	30.0 – 34.9	I	High	Very High
	35.0 – 39.9	II	Very High	Very High
Extreme Obesity	≥ 40.0	III	Extremely High	Extremely High

\* Disease risk for type 2 diabetes mellitus, hypertension, and CVD

\*\* Increased waist circumference can also be a marker for increased risk even in persons of recommended weight

Adapted from "Preventing and Managing the Global Epidemic of Obesity. Report of the World Health Organization Consultation of Obesity." WHO, Geneva, June 1997.

## NHLBI clinical guidelines for weight reduction therapy

Health Risk	Treatment
Minimal	<ul style="list-style-type: none"> <li>• Healthful eating and/or moderate deficit diet</li> <li>• Increase physical activity</li> <li>• Lifestyle change strategies</li> </ul>
Moderate	<ul style="list-style-type: none"> <li>• All the above plus low calorie diet (800-1500 kcal/day)</li> </ul>
High to Very High	<ul style="list-style-type: none"> <li>• All the above plus pharmacotherapy</li> </ul>
Extremely High	<ul style="list-style-type: none"> <li>• All the above plus surgical intervention</li> </ul>

National Institute of Health, National Heart, Lung & Blood Institute. Clinical Guidelines on the Identification Evaluation and Treatment of Overweight and Obesity in Adult. Bethesda, MD: US Dept. of Health & Human Services, 1998.

Provided by Sparrow Weight Management Center 517.364.8080 or  
[www.sparrowweightmanagement.org](http://www.sparrowweightmanagement.org)