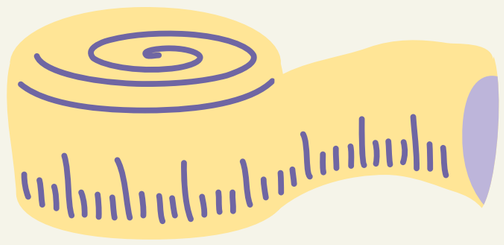
WHAT IS A "HEALTHY WEIGHT"?

What is Body Mass Index (BMI)?

BMI is a person's weight in kilograms divided by the square of height in meters. A high BMI *may* indicate high body fatness, and a low BMI *may* indicate too low body fatness. To calculate your BMI, use the **BMI Calculator**.

What is waist circumference, and why does it matter?



Another way to think about a "healthy weight" is to **measure your waist circumference**. Too much fat around the waist may be serious because it places you at greater risk for developing obesity-related conditions, such as type 2 diabetes, high blood pressure and coronary artery disease. A waist size above 40 inches for men or above 35 inches for women increases your risk.

More thoughts about BMI?

Body Mass Index (BMI) alone does not reflect overall health. You can be at a "healthy BMI" yet be unhealthy. Your BMI could also indicate that you are under or overweight yet you could be healthy. This is why the scale alone does not indicate your health status.

Are there other ways to think about a "healthy weight"?

There are manys ways to assess your health. You could **take your health assessment** , complete a biometric screening and get an annual physical (to check blood pressure and blood cholesterol levels, for example). **Get to "Know Your Health"**. A trained health care professional can help!

WORKING FOR A HEALTHIER TN

Source: cdc.gov