

Self Assessment:

Body Mass Index (BMI)

BMI is applied to healthy individual between age 18 to 65 except for pregnant or lactating women, and muscular athletes.

It can be calculated by the following equation:

$$\text{BMI} = \text{Weight (kg)} / \text{Height (m)}^2$$

BMI (Caucasians)	BMI (Asians)	Health Status
Below 18.5	Below 18.5	Underweight
18.5-24.9	18.5-22.9	Normal
25-29.9	23-24.9	Overweight
30-39.9	25-29.9	Obese
40 or above	30 or above	Morbidly obese

Waist Hip Ratio (WHR):

It can be calculated by the following equation:

$$\text{WHR} = \text{Waist (cm)} / \text{Hip (cm)}$$

Male: <1

Female: <0.85

Waist Circumference:

	Caucasians	Asians
Male	<94cm	<90cm
Female	<80cm	<80cm

A normal body weight is crucial for health. Overweight can cause elevated cholesterol, hypertension, stroke, diabetes mellitus and overburdening at joints due to the extra body weight. Underweight, on the other hand, may lead to osteoporosis, compromised immunity, etc. Therefore, we should optimize a healthy body weight through a well balanced diet and regular exercise.