



APPENDIX C IS YOUR WEIGHT HEALTHY?

There are two easy ways to tell if your weight is in the healthy range: by using the body mass index and/or the waist circumference test. These two measurements can help you determine your risk for chronic illnesses, such as heart disease, high blood pressure and Type 2 diabetes.

Body mass index

Your body mass index (BMI) is based on your height and weight. Because most people lose some height over time, it is a good idea to ask your doctor to re-measure you every couple of years to determine your current height.

A healthy BMI for an adult is between 18.5 and 24.9. The risk of developing health problems increases both above and below this BMI range. A person is said to be obese when his or her BMI is 30 or higher.

No matter what your BMI is, you should still check your waist circumference (see next page). If your weight is healthy, but you carry fat around your stomach, you should try to lose that excess fat.

Use the following table to look up the upper and lower limits of weight for your height. The height is given in centimeters (and inches) and the weight in kilograms (and pounds).

Height	Healthy weight based on a BMI range from 18.5 to 24.9
cm (inches)	kg (lb)
147.3 (58)	40-54 (88-119)
149.9 (59)	42-56 (92-123)
152.4 (60)	43-58 (95-128)
154.9 (61)	44-59 (97-130)
157.5 (62)	46-61 (101-134)
160.0 (63)	48-63 (106-139)
162.6 (64)	49-65 (108-143)
165.1 (65)	50-68 (110-150)
167.6 (66)	52-70 (114-154)
170.2 (67)	54-72 (119-158)
172.7 (68)	55-74 (121-163)
175.3 (69)	57-77 (125-169)
177.8 (70)	58-79 (128-174)
180.3 (71)	60-81 (132-178)
182.9 (72)	62-83 (136-183)
185.4 (73)	64-86 (141-189)
188.0 (74)	65-88 (143-194)
190.5 (75)	67-90 (147-198)
193.0 (76)	69-93 (152-205)

Research suggests that a healthy weight range for seniors age 65 and older may be slightly different than the range in this table.

Talk to your doctor if you are near the bottom of the range – you may be at an increased health risk.

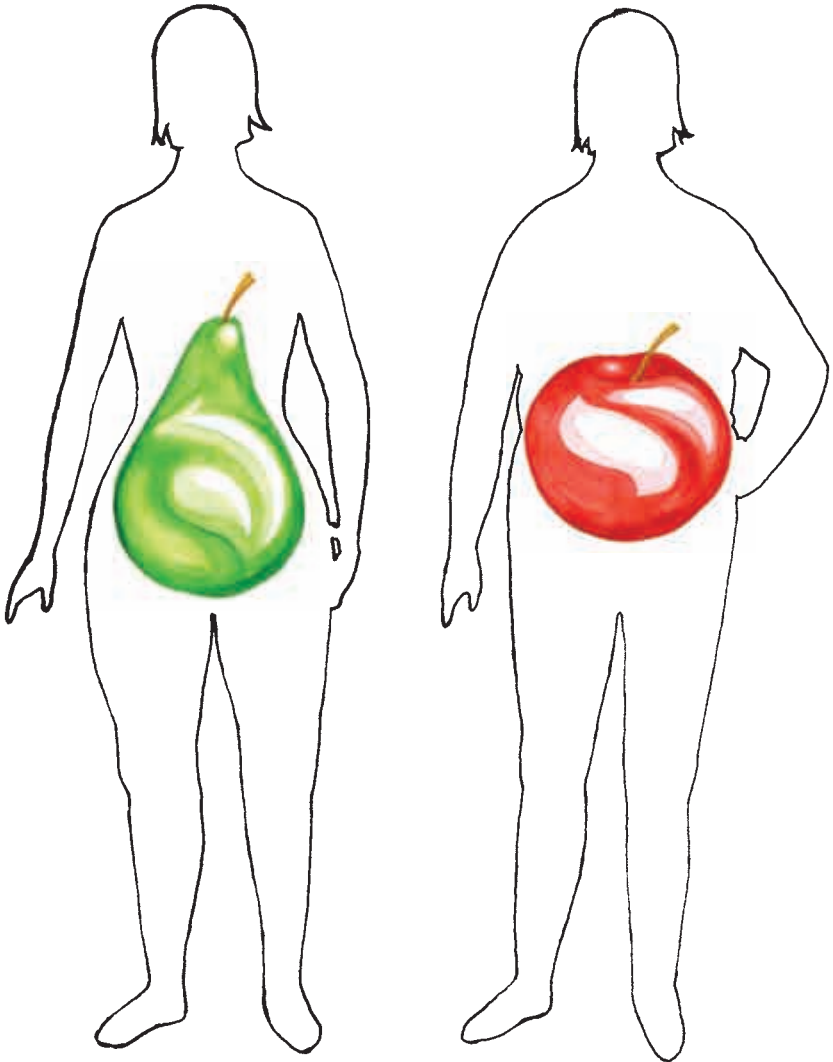
Talk to your doctor if you are above the healthy range in the table – you may be overweight and at an increased health risk or you may, in fact, be at a healthy weight.

See Chapter 6 for general information about what you should eat if you are overweight or underweight – but check with your doctor before you make any major changes to the way you eat.

Waist circumference test

Recent studies show that where you carry your weight is as important as how much of it you are carrying.

Most people are shaped either like an apple or like a pear. You're an apple if you carry your weight around your middle and a pear if you carry it around your hips and thighs. Apples have a higher risk of developing health problems – including heart disease, stroke and Type 2 diabetes – than pears.



To determine if your shape is putting you at risk of health problems:

- Get a tape measure.
- Stand with your feet together.
- Measure the narrowest part of your torso. If you are a man, that is at your navel. If you are a woman, it's about half-way between the bottom of your ribs and the top of your hipbones.
- Don't pull the tape too tight. Take a breath in, then exhale as you normally would and fit the tape snugly around your middle.
- Write down the number.

If you are a man and have a waist measurement of 40 inches (102 cm) or less, you are doing well. If your waist measurement is more than 40 inches (102 cm), your weight distribution puts you at risk of health problems. You should talk to your doctor. You may need to lose weight.

If you are a woman and have a waist measurement of 35 inches (88 cm) or less, you are doing well. If your waist measurement is more than 35 inches (88 cm), your weight distribution puts you at risk of health problems. You should talk to your doctor. You may need to lose weight.

(Please also see Chapter 6 for general information about what you should eat if you are overweight, but check with your doctor before you make any major changes to your diet.)