What Is Your BMI?

Body Mass Index or “BMI” is a measure of body fat based on height and weight.

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<tr>
<th>Height (inches)</th>
<th>5 feet 1 inch</th>
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<tbody>
<tr>
<td>BMI &lt; 25</td>
<td>Healthy Weight</td>
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<td>BMI &gt; 30</td>
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BMI Calculator

1. Measure Patient’s Height, Weight &
2. Calculate BMI
3. Assess treatment
4. Assess possibility of
5. Ask for short weight history
6. Discuss weight loss options including lifestyle
7. Before patient leaves office, discuss weight gain modification and refer for:
   • Dietician or
   • Exercise support

FOLLOW UP – Schedule patient appointments specifically to:
• Provide support for behavior change and weight-loss efforts
• Reevaluate BMI
• Reassess readiness to lose weight/address overweight/obesity
• Emphasize importance of a healthy weight

These steps can help a patient who is ready to make a change

RESTART algorithm

Helping Your Patients Achieve A Healthy Weight
1. Commitment Building
Goal: Create a non-judgmental alliance, and plan for small steps.

- “I know you want to lose weight and I want to help you take the steps that work for you.”
- “I’m concerned about your weight and I am interested in helping you achieve a healthy lifestyle for yourself.”
- “Part of the problem is the Super Size Me culture we live in. I want to help you identify strategies to deal with portion控制.”
- “Don’t worry about losing weight quickly. Doctors cannot find that losing weight quickly is dangerous and people don’t keep it off. It’s one or two of these ideas.”

2. Social Trends
Goal: Give patients easy-to-understand proof to support your recommendations.

- “I do enjoy eating and love the foods that I grew up with—even if they aren’t the healthiest. What has helped me in making healthier choices is eating less of them and making some changes in the recipes like using less fat.”
- “Part of the problem is the ‘Super Size Me’ culture we live in. Food portions have grown over the years. One of the best things to start with is eating healthier foods, and if you’re going to be out of town and you know you’ll be hungry, take something healthier (such as carrot sticks) along with you.”

3. Solid Evidence
Goal: Give patients easy-to-understand proof to support your recommendations.

- “The goal is to change your lifestyle enough to keep the weight off.”
- “Our tastes and eating habits are often learned early in life.”
- “Part of the problem is the ‘Super Size Me’ culture we live in. Food portions have grown over the years. One of the best things to start with is eating healthier foods, and if you’re going to be out of town and you know you’ll be hungry, take something healthier (such as carrot sticks) along with you.”

4. Cultural Norms and Traditions
Goal: Link weight problems to eating habits learned early in life.

- “Part of the problem is the ‘Super Size Me’ culture we live in. Food portions have grown over the years.”
- “Are there any family traditions that make it hard for you to lose weight, such as high-fat foods, starchy foods, or lots of soda? Ask yourself these things:”

5. Follow-up Appointments
Goal: Start small steps and respond positively to specific scenarios of weight loss successes and failures.

- “You’ve told me you want to do this. And I know if you stick with it, you will do it.”
- “We all have our favorite comfort foods. Which of your comfort foods do you think you can eat in smaller portions? Which foods could be made lower in fat?”

6. Resources
- The New York City Department of Health and Mental Hygiene
  www.nyc.gov/health
- Weight Control Information Network (WIN)
  www.nal.usda.gov/fnic/foodcomp/search/
- The Obesity Society
  www.obesity.org
- The New York City Department of Health and Mental Hygiene
  www.nyc.gov/health/obesity
- American Dietetic Association (find a dietitian)
  www.eatright.org
- Centers for Disease Control and Prevention
  www.cdc.gov/nccdphp/dnpa/obesity/
- NHLBI Clinical Guidelines for Obesity
  www.nhlbi.nih.gov/guidelines/obesity/index.htm
- The Obesity Society
  www.obesity.org
- American Dietetic Association (find a dietitian)
  www.eatright.org
- The New York City Department of Health and Mental Hygiene
  www.nyc.gov/health/obesity