

What Is Your BMI?

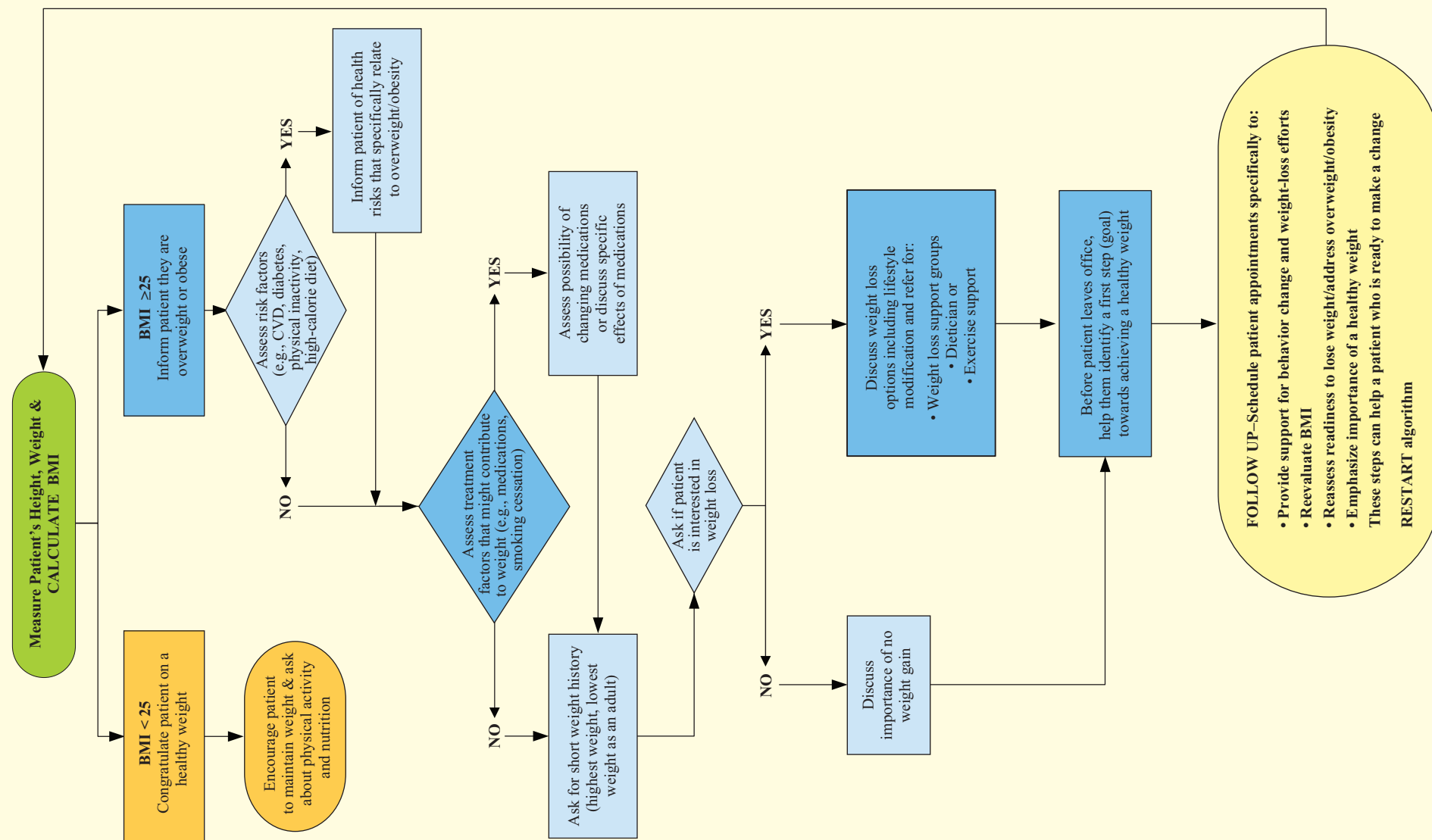
Body Mass Index or "BMI" is a measure of body fat based on height and weight.

What is your BMI?

BMI < 18	Underweight
BMI ≥ 18 to 24	Healthy Weight
BMI ≥ 25 to 29	Overweight
BMI ≥ 30	Obese (very overweight)

BMI	Underweight			Healthy Weight					Overweight					Obese																									
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
My Height (inches)	My Body Weight (pounds)																																						
4 feet 10 inches	77	82	87	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
4 feet 11 inches	80	85	90	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
5 Feet	82	88	93	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
5 feet 1 inch	85	90	96	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
5 feet 2 inches	88	93	99	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
5 feet 3 inches	91	96	102	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
5 feet 4 inches	94	100	105	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
5 feet 5 inches	97	103	109	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
5 feet 6 inches	100	106	112	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
5 feet 7 inches	103	109	115	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	334
5 feet 8 inches	106	112	119	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
5 feet 9 inches	109	116	122	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
5 feet 10 inches	112	119	126	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
5 feet 11 inches	115	122	130	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
6 Feet	118	126	133	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
6 feet 1 inch	122	129	137	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
6 feet 2 inches	125	133	141	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
6 feet 3 inches	129	137	145	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
6 feet 4 inches	132	140	148	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

Behavioral Algorithm



Obesity Pocket Guide



Helping Your Patients Achieve A Healthy Weight

How to talk to your patients about losing weight

Reframing this difficult issue

What you say to your patients has a powerful impact. This is especially true with weight loss and weight management. Patients fail more than they succeed, and conversations about weight can be frustrating and emotionally uncomfortable.

Here are ways to frame the discussion. Choose and tailor the messages and approaches to your patients' needs.

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 will work for you."
- 🍎 "I'm concerned about your weight and am interested in helping you achieve a healthier weight. Are you interested in working with me to make this happen?"
- 🍆 "When you're faced with a tough challenge, what has helped you succeed in the past?"
- 🍄 "Let's talk about some strategies for losing weight – lifestyle changes that you can make (e.g., choose water over soda, or walk briskly 5 times a week). What could you put into your daily life? Would you like to try one or two of these ideas? If they don't work, you can come back and we'll come up with some others."
- 🍆 "So we agree, you're going to _____ (e.g., eat whole grain bread for breakfast, order the small fries instead of the large) for two weeks before you come back?"
- 🍏 "You don't have to do this alone."
- 🍋 "How about starting today instead of tomorrow?"
- 🥕 "You'd probably walk for a good cause—will you walk for you?"
- 🍎 "Many people find that picking just one change to get started is manageable."

2 Social Trends

Goal: Create common ground by acknowledging many forces in our society are working against eating a healthy diet and living a healthy 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 smaller portions."
- 🍄 "Think about the types of food you find most in your neighborhood. It's probably hard to avoid the McDonald's or the Popeye's or the Dunkin' Donuts. You have to defend yourself against unhealthy choices. Learn where you can buy healthier foods, and if you're going to be out and you know you'll be hungry, take something healthy (such as carrot sticks) along with you."

3 Solid Evidence

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

- 🍆 "People who eat breakfast often weigh less than those who skip breakfast."
- 🍏 "Don't worry about losing weight quickly. Doctors have found that losing weight quickly is dangerous and people don't keep it off. Losing one or two pounds each week is great, but even less is fine. The goal is to change your lifestyle enough to keep the weight off."

4 Cultural Norms and Traditions

Goal: Link weight problems to eating habits learned earlier in life.

- 🍋 "Our tastes and eating habits are often learned early in life."
- 🥕 "Are there any family traditions that make it hard for you to lose weight, such as high-fat foods, starchy foods, or lots of sweets? Ask yourself these things:
 - "Do people in your family tend to eat large portions?"
 - "What types of food are on peoples' plates at your family gatherings?"
 - "Are you accustomed to eating when you're stressed or sad?"
- 🍎 "These are the patterns that require work to change. And they're hard to change. The best strategy is to start with one thing at a time."
- 🍆 "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?"
- 🍄 "I also 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 adding vegetables or using less fat or sugar."

5 Follow-up Appointments

Goal: Communicate and respond positively to specific scenarios of weight loss successes and failures.

Patient lost no weight but made changes.

- 🍆 "I can see you've been trying. And you should congratulate yourself for that, but I know it's disappointing not to lose weight."
- 🍏 "Sometimes the good work you do doesn't translate into lost pounds right away. It can take time. Let's talk about it and see how you feel about the changes you made. I think it's great that you got started. A lot of people talk about making changes, then don't. So, congratulations!"
- 🍋 "You've told me you want to do this. And I know if you stick with it, you will do it."

Patient lost weight.

- 🥕 "That's terrific! You must feel very good about that."
- 🍎 "What changes did you make to lose weight?" (If patient doesn't know, point out what changes likely led to the lost weight.)
- 🍆 "So, tell me what you'll be doing between now and the next time I see you."

Resources

The New York City Department of Health and Mental Hygiene
www.nyc.gov/health/obesity

USDA Food Nutrient Database
www.nal.usda.gov/fnic/foodcomp/search/

The Obesity Society
www.obesity.org

Weight Control Information Network (WIN)
www.niddk.nih.gov/health/nutrit/win.htm

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

