

Body Mass Index (BMI)

Do you have health questions?

Call our 24-hour Nurse Advice Line.

We are here to help you.



English:

(888) 275-8750

Español:

(866) 648-3537

TTY/TDD:

711

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Your Extended Family.

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Your Extended Family.

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What is **Body Mass Index (BMI)**?

BMI is a measure of body fat based on your height and weight. Providers use BMI to see if you are at a healthy weight. Your BMI can tell you if you are overweight or obese. The word “obese” is a clinical term meaning you have a high BMI. Your provider can work with you to get your BMI into the normal weight range. When you are in the normal weight range, you will have better overall health.

What are the **BMI ranges for weight status**?

Weight Status	BMI
Underweight	Below 18.5
Normal Weight	18.5-24.9
Overweight	25-29.9
Obese	30.0 and Above

What are the **health risks of being overweight and/or obese**?

- Heart disease
- High blood pressure
- Stroke
- Type 2 diabetes
- Joint pain in the knees, hips and lower back
- Colon, breast, uterine and gallbladder cancers
- Trouble breathing while you sleep
- Abnormal periods and being unable to become pregnant
- Higher rate of death, regardless of the cause

How can you **improve your health and lose weight safely**?

- Eat healthy meals and snacks, such as fruits, vegetables and whole grains.
- Be aware of your food portions and how much you are eating.
- Exercise often by going for a brisk walk or playing a sport you enjoy.
- Join a weight loss support group. These groups can help you lose weight safely.

Keep track of your weight and BMI to stay healthy. If you need to lose weight, choose a healthy diet and exercise that you can maintain. People who lose one to two pounds per week are less likely to regain the weight later.

