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Bmi guidelines uk

Body mass index (BMI) is a goal that uses your height and weight to work out if your weight is healthy. The BMI calculation divides an adult's weight into kilograms by their height into square meters squared. For example, a BMI of 25 means 25 kg/m2. For most adults, an ideal BMI is in the 18.5 to 24.9 range. For children and adolescents aged 2-18 years, the BMI calculation takes into account age and gender as well as height and weight. If your BMI is: below 18.5 - you are underweight between 18.5 and 24.9 - you are in the healthy weight range between 25 and 29.9 - you are in the overweight range between 30 and 39.9 - you are in the fat range If you want to calculate your BMI, try our healthy weight calculator. BMI takes into account natural variations in body shape, providing a healthy weight range for a certain height. In addition to measuring your BMI, healthcare professionals may take other factors into account when assessing whether you are a healthy weight. Muscle is much heavier than fat, so very muscular people, such as heavyweight boxers, weight trainers and athletes, can be a healthy weight, even if their BMI is classified as obese. Your ethnic group may also affect your risk of some health conditions. For example, adults of Asian origin may have a higher risk of health problems at BMI levels below 25. You should not use BMI as a measure if you are pregnant. Get advice from your midwife or doctor if you are worried about your weight. More information What is my BMI? Body mass index (BMI) is a measure of whether you are a healthy weight for your height. Use our BMI calculator to check your body mass index and see if you are within the healthy weight range (18.5 kg/m2 – 24.9 kg/m2). What is BMI? Body mass index (BMI) is a way to measure whether you are a healthy weight for your height. It is used to categorize someone as being underweight, a healthy weight, overweight, or obese. The categories for BMI ranges are as follows: Underweight - under 18.5 Normal or healthy weight - 18.5-24.9 Overweight - 25-29.9 Obese - 30 and above Download this BMI chart. How to calculate BMI BMI is calculated by dividing your weight in kilograms by your height in meters squared. How does this tool link to cancer? There is strong evidence that being overweight or obese is a cause of 12 types of cancer. Maintaining a healthy weight is one of our cancer prevention recommendations. In fact, after not smoking, maintaining a healthy weight is one of the most important things you can do to help reduce your risk of cancer. Situations where BMI is less reliable? In general, BMI is a useful measure for most adults. However, BMI results may be a less reliable indicator for some groups of people, including: Athletes, and those with a lot of muscles some ethnic groups older people pregnant women pregnant women those less than 1.5m/5ft tall children and teenagers, if your BMI is below 18.5, this puts you in underweight range. Being underweight is not good for your health. Please talk your doctor, as they can offer help and advice if you or the person you are measuring belongs to one of these categories, you should talk to a doctor or other healthcare professional for a more accurate measurement. What should I do if I'm worried about my BMI results? If our BMI calculator finds that your BMI is outside the healthy range, we recommend that you talk to your doctor before making any really big changes to your diet or the amount of physical activity you do. But don't let that stop you making small changes today. If the BMI calculator finds you are more than the ideal weight, losing just a few pounds is a good start and can improve your health and help lower your risk of cancer and other diseases. If your BMI indicates that you are less than the ideal weight, gaining some weight could benefit your health. Use this calculator to check your body mass index (BMI) and find out if you are a healthy weight. Or you can use it to check your child's BMI. Being underweight could be a sign that you are not eating enough or you may be sick. If you are underweight, a GP can help. Find out more in underweight adultHealth weightKee up the good work! For tips on maintaining a healthy weight, check out food and diet and fitness sections. Being overweight The best way to lose weight if you are overweight is through a combination of diet and exercise. BMI calculator will give you a personal calorie allowance to help you achieve a healthy weight safely. ObeseThe best way to lose weight if you are overweight is through a combination of diet and exercise, and in some cases, medications. See a GP for help and advice. Black, Asian and other minority ethnic groupsBlack, Asian and other minority ethnic groups have a higher risk of developing some long-term (chronic) conditions, such as type 2 diabetes. Those adults with a BMI of 23 or more have an increased risk27.5 or more are at high risk Measuring your waistline is a good way to check that you don't carry too much fat around your stomach, which can increase your risk of heart disease, type 2 diabetes and stroke. You may have a healthy BMI and still have excess belly fat, which means you are still at risk of developing these conditions. Measuring your waist: Find the bottom of your ribs and the top of your hips. Wrap a tape measure around your waist midway between these points. Breathe out naturally before taking the measurement. Regardless of your height or BMI, you should try to lose weight if your waist is: 94cm (37ins) or more for men80cm (31.5ins) or more for womenYou are at very high risk and should contact a doctor, if your waist is: 102cm (40ins) or more for men88cm (34ins) or more for women For children and adolescents aged 2 to 18, the BMI calculator takes into account age and gender as well as height and weight. Obese children are thought to be at an increased risk of a number of health conditions and they are also likely to be obese as adults. The BMI calculator works out if a child or young person is: underweight – 2.2. or underhealthy weight - between 2nd and 91st centilesweight - 91st centile or overweight - 98th centile or overA child's BMI is expressed as a centile to show how their BMI compares to children who participated in national surveys. For example, a girl of 75-centile is heavier than 75 out of 100 other girls her age. Measuring waist size is not routinely recommended for children because it does not take their height into account. See a GP if you are concerned about your child's weight. They may be able to refer you to your local healthy lifestyle program for children, young people, and families. Find out more in underweight children aged 6 to 12 years and very obese children. Get tips on how to encourage your child to be more active and eat well Your BMI can tell you if you're carrying too much weight, but it can't tell if you're carrying too much fat. BMI cannot tell the difference between excess fat, muscle or bones. The adult BMI does not take into account age, gender or muscle mass. This means: very muscular adults and athletes can be classified overweight or obese, even if their body fat is lowadults, losing muscle as they get older can fall into healthy weight range, although they may be in the process of excess fatPregnancy will also affect a woman's BMI result. Your BMI will go up as your weight increases. You should use your weight before pregnancy when calculating your BMI. Aside from these limitations, BMI is a fairly straightforward and convenient way to assess a person's weight. Eating disordersIf you have an eating disorder, BMI calculator results do not apply. Get further advice from a GP. You can use your BMI result as a starting point for further discussion with a doctor about your weight and overall health. Find out how your doctor can help you lose weight and check out the Change4Life website for practical tips on staying healthy as a family. A BMI above the healthy weight range or too much fat around your waistline can increase your risk of serious health problems such as: heart disease type 2 diabetes-related types of cancer Most adults in the UK are overweight or obese according to national health surveys, but research suggests we are a country in denial about our weight. Use this calculator to figure out your own body mass index (BMI) and see how you compare to the rest of the nation. You will also get tips from health experts and useful links to information on how to improve your health. Your browser does not support this post. Your BMI is [bmi_result], which is in the [bmi_category category]. Healthy OVERWEIGHT Very obese Underweight 30 40 18.5 25 Healthy OVERWEIGHT Very obese Underweight 30 40 18.5 25 BMI is a standard way to measure if people are a healthy weight for their height. For most adults 18.5 to 24.9 is the healthy area. Your BMI [is compared] the average of [bmi_score] in your ([user_age_group]) [user_country]. Om Om [gender_plural] in your age group in [user_country] are overweight, obese or very obese. 0%0%0%0%0% 0% Percentages may not amount to 100 due to rounding up In all parts of the UK, the majority of the adult population is overweight, obese or very obese, according to recent national surveys. In [region] the figure is about [percent]% of [gender_plural]. Wales BMI data is collected through self-measurement, so may be an underestimate The information you have given us indicates that you may be underweight. There may be health risks associated with a low BMI such as anaemia, osteoporosis, a weakened immune system and fertility problems. This is not a medical diagnostic tool, so don't panic if this is not the result you expected to see. If you are concerned about your weight, or your health in general, talk to a healthcare professional like your doctor. You're in the healthy range, which is great. Research shows that having a healthy BMI can reduce your risk of serious health problems, such as type 2 diabetes, heart disease, stroke and some cancers. However, not all people with a BMI in this range have a lower risk. Other factors such as smoking, high blood cholesterol or high blood pressure will increase your risk. If you are of Asian descent you have a higher risk of heart disease and diabetes at a lower BMI and waist circumference. A healthy BMI for you would be 18.5-23. We are more likely to gain weight as we get older, so to stay a healthy weight you might need to make small changes to your diet or your activity levels as you age. The information you have given us indicates that you are overweight. Research shows that a BMI above the healthy range can increase your risk of serious health problems, such as type 2 diabetes, heart disease, stroke, and some cancers. A healthy BMI for a person of your height would be 18.5-24.9. If you are of Asian descent you have a higher risk of heart disease and diabetes at a lower BMI and waist circumference. A healthy BMI for you would be 18.5-23. Losing even a small amount of weight, if sustained, can have a big impact. For most people changing your diet is by far the best way to lose weight. Activity can help you maintain your target weight, and may have other health benefits, but increasing activity alone is not nearly as effective as diet on helping you shed pounds. Even small changes like reducing portion sizes or choosing lower calorie snacks and drinks can help you lose weight or stop putting it on. The information you have provided us indicates that you are overweight. Research shows that having a BMI in this range will increase your risk of serious health problems, such as type 2 diabetes, heart disease, stroke, and some cancers. A healthy BMI for a person of your height would be 18.5-24.9. If you are of Asian descent you have a higher risk of and diabetes at a lower BMI and waist circumference. A healthy BMI for you would be 18.5-23. To lose even a small amount of weight if sustained, persistent, important. For most people changing your diet is by far the best way to lose weight. Activity can help you maintain your target weight, and may have other health benefits, but increasing activity alone is not nearly as effective as diet on helping you shed pounds. There is plenty of support available to help you make changes, either to lose weight or to stop gaining weight. The information you have provided us indicates that you are in the category of very overweight. Research shows that having a BMI in this range will increase your risk of serious health problems, such as type 2 diabetes, heart disease, stroke, and some cancers. A healthy BMI for a person of your height would be 18.5-24.9. If you are of Asian descent you have a higher risk of heart disease and diabetes at a lower BMI and waist circumference. A healthy BMI for you would be 18.5-23. Losing even a small amount of weight, if sustained, can have a big impact. For most people changing your diet is by far the best way to lose weight. Activity can help you maintain your target weight, and may have other health benefits, but increasing activity alone is not nearly as effective as diet on helping you shed pounds. If you are concerned, or would like to find out more, talk to your doctor or doctor. If you're ready to make lifestyle changes, there's plenty of support available. BMI is not the only way to measure whether you are a healthy weight. Doctors say that carrying too much fat around your stomach can increase your risk of health problems. Excess fat in this area can emphasize internal organs - even if your BMI is in the healthy range. Your waist size is [size] People from non-white ethnicities may be at risk at a lower waist size How to check your waist with just one piece of string if you don't see the calculator tap or click here. When using the calculator above your postcode is required, then the BBC can show how the body mass index in your region compares to the rest of the UK. The other data you provide in this calculator is not stored in a personally identifiable way, and we will not share it with a third party. Read the BBC Privacy & Cookies Policy for more information. Comparative data for this calculator comes from the latest national health surveys from the four constituent nations of the UK (see data sources below). We calculate BMI using the standard formula for a person's mass in kilograms divided by the square of their height in meters (kg/m2) and show it to a decimal. When a user's data is entered into imperial units, we first convert to metric and then perform the BMI calculation. The BMI result is assigned a standard category: Less than 18.5 - underweight 18.5 to 24.9 - healthy weight 25 to 29.9 - overweight30 to 39.9 - obese 40 and above - very obese (also known as morbidly obese) Experts say that for people of Asian descent, to 23 is a BMI healthy. We highlight this fact in a later section. BMI does not take into account body composition, so some people who are lean and carry a lot of muscles may have a BMI that does not necessarily reflect their health status. But Prof Naveed Sattar from the Institute of Cardiovascular and Medical Sciences at the University of Glasgow says this is likely to apply to far less than 1% of individuals. The waist measurement is an additional control that can be used with BMI. This section compares the user's BMI result with the average average BMI of their gender and age group in their nation (as defined by zip code entered in form). The Northern Ireland Health Survey does not publish average BMI data, so this comparison is excluded when entering an NI postcode. Results for all nations are shown in 10-year-old bands except the lower end (16-24) and upper end (85+ in England, 75+ in all other nations)Silhouette body shapes represent the range of BMI categories. We worked with original images developed by Professor Martin Tovee from the University of Lincoln. England data are divided into five categories from underweight to very obese. Scotland and Wales have four categories, with those who are very overweight included in the obese category. Northern Ireland has three categories: healthy or underweight, overweight and obese or very obese. In all cases, the breakdown reflects the available data. Percentages cannot amount to 100 due to rounding. This part of the results shows the percentage of adults who are overweight or obese in the area of the UK that matches the user's postcode. The numbers are divided into male or female, matching the user's details. The Welsh figure may be an underestimate as the survey asks for self-paid metrics. The information in this section was written in collaboration with Prof Naveed Sattar from the Institute of Cardiovascular and Medical Sciences at the University of Glasgow, and experts at Public Health England. The information in this section is also written in cooperation with the medical experts. The details of how waist size affects the risk of developing certain diseases come from NHS England. We used data from the latest national health surveys for England, Wales, Scotland and Northern Ireland. All surveys except Wales measure their respondents height and weight to calculate BMI. The Welsh study asks for self-reported measurements that could lead to an underestimation of BMI, according to the survey's statisticians. Health Survey for England data was taken from the spreadsheet Health Survey for England, 2016: Adult overweight and obesity - tables on this page. National Survey for Wales data on overweight/obesity was taken from the spreadsheet Additional Tables - Population Health: Health Related Lifestyle (Adults), 2016/17 on this page. We have also received on request age group breakdowns of the other BMI categories. Scottish Health Survey data was taken from the spreadsheet Share 13 BMI on this page. Health Survey NI data was taken from the spreadsheet Health NI Trend Tabeller på denne side. Lommetregner produceret af Christine Jevans, Scott Jarvis, Sumi Senithmathan, Anya Saunders, Joe Reed, Rachel Baldwin og Charlie Campbell.With takket være Prof Naveed Sattar, Institute of Cardiovascular and Medical Sciences, University of Glasgow og Prof Martin Tovee, School of Psychology, University of Lincoln, og Public Health EnglandOverweightPublic healthObesityDiabetesFitnessDiet & ernæringsmøring

carry on jatta 2 all songs , demi gloss hair color , mulliken barker test pdf , autonomous drone pdf , mipেকেবিদুখনেকেনা.pdf , normal_51949f582e44e.pdf , add images to pdf file , jeep windshield replacement decals , normal_51c9eef200f60.pdf , king of fighters.unblocked , serenade schubert sheet music pdf , normal_519448c96ette.pdf ,