



Body Mass Index is a measure of body that combines a person's height and weight. It is a screening tool that can indicate whether a person is underweight, have a healthy weight, or excess weight.

Understanding Results:

BMI less than 18.5 — indicates you may be underweight, you are recommended to ask your provider or a dietitian for advice.

BMI of 18.5-24.9 — indicates you may at a healthy weight for your height. By maintaining this weight, you will lower your risk of developing health problems.

BMI of 25-29.9 — indicates you may slightly overweight, you are recommended to ask your provider or dietitian for advice.

BMI over 30 — indicates that you are heavily overweight, and your health may be at risk if you do not lose weight. You are recommended to ask your provider or dietitian for advice.

Benefits of maintaining a healthy weight:

- Improved sleep
- Increased energy
- Ability to join in more activities
- Healthy heart function
- Decreased risk of diabetes