

Body Mass Index In Adults

OHBA Wellness Pages

The benefits of maintaining a healthy weight go far beyond improved energy and smaller clothing sizes. By losing weight or maintaining a healthy weight, you are also likely to enjoy these quality-of-life factors too.

- Fewer joint and muscle pains
- More energy and greater ability to join in desired activities
- Better regulation of bodily fluids and blood pressure
- Reduced burden on your heart and circulatory system
- Better sleep patterns
- Reductions in blood triglycerides, blood glucose, and risk of developing type 2 diabetes
- Reduced risk for heart disease and certain cancers

BMI is an indicator of the amount of body fat for most people. It is used as a screening tool to identify whether an adult is at a healthy weight.

- **BMI stands for Body Mass Index**

This is a numerical value of your weight in relation to your height. A BMI between 18.5 and 25 kg/m² indicates a normal weight. A BMI of less than 18.5 kg/m² is considered underweight. A BMI between 25 kg/m² and 29.9 kg/m² is considered overweight. A BMI of 30 kg/m² or higher is considered obese.

- **Excess weight increases the heart's work.**

It also raises blood pressure and blood cholesterol and triglyceride levels and lowers HDL (good) cholesterol levels. It can make diabetes more likely to develop, too. Lifestyle changes that help you maintain a 3-5% weight loss are likely to result in clinically meaningful improvements in blood glucose, triglycerides, and risk of developing type 2 diabetes. Greater weight loss can even help reduce BP and improve blood cholesterol.

- **To calculate your BMI:**

- Use a weight scale on a hard, flat, uncarpeted surface. Wear very little clothing and no shoes.
- Weigh yourself to the nearest pound.
- With your eyes facing forward and your heels together, stand very straight against a wall.
- Mark your height at the highest point of your head. Figure your height in inches only.
- To calculate your BMI value, multiply your weight in pounds by 703, divide by your height in inches, then divide again by your height in inches.



The information we provide is not intended to include all possible safety measures and controls. In addition, the safety information we provide does not relieve the Members of its own duties and obligations with regard to safety concerns, nor does Oregon Home Builders Association guarantee to the Members or others that the Member's property, job sites and/or operations are safe, healthful, or in compliance with applicable laws, regulations or standards. The Members remain responsible for their own operations, safety practices and

procedures and should consult with legal counsel as they deem appropriate.

WELLNESS PAGE MEETING GUIDE

Topic: BMI in Adults

Project: _____ Address: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

Safety or Health issues discussed. Include recent accident investigations and hazards involving tools, equipment, the work environment, work practices and any Safety or Health recommendations:

Follow up on recommendations from last safety meeting:

Record of those attending:

Name: (please print)	Signature:	Company:
1.		
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12.		

Supervisor's remarks: _____

Supervisor: _____ (Print) _____ (Signature)