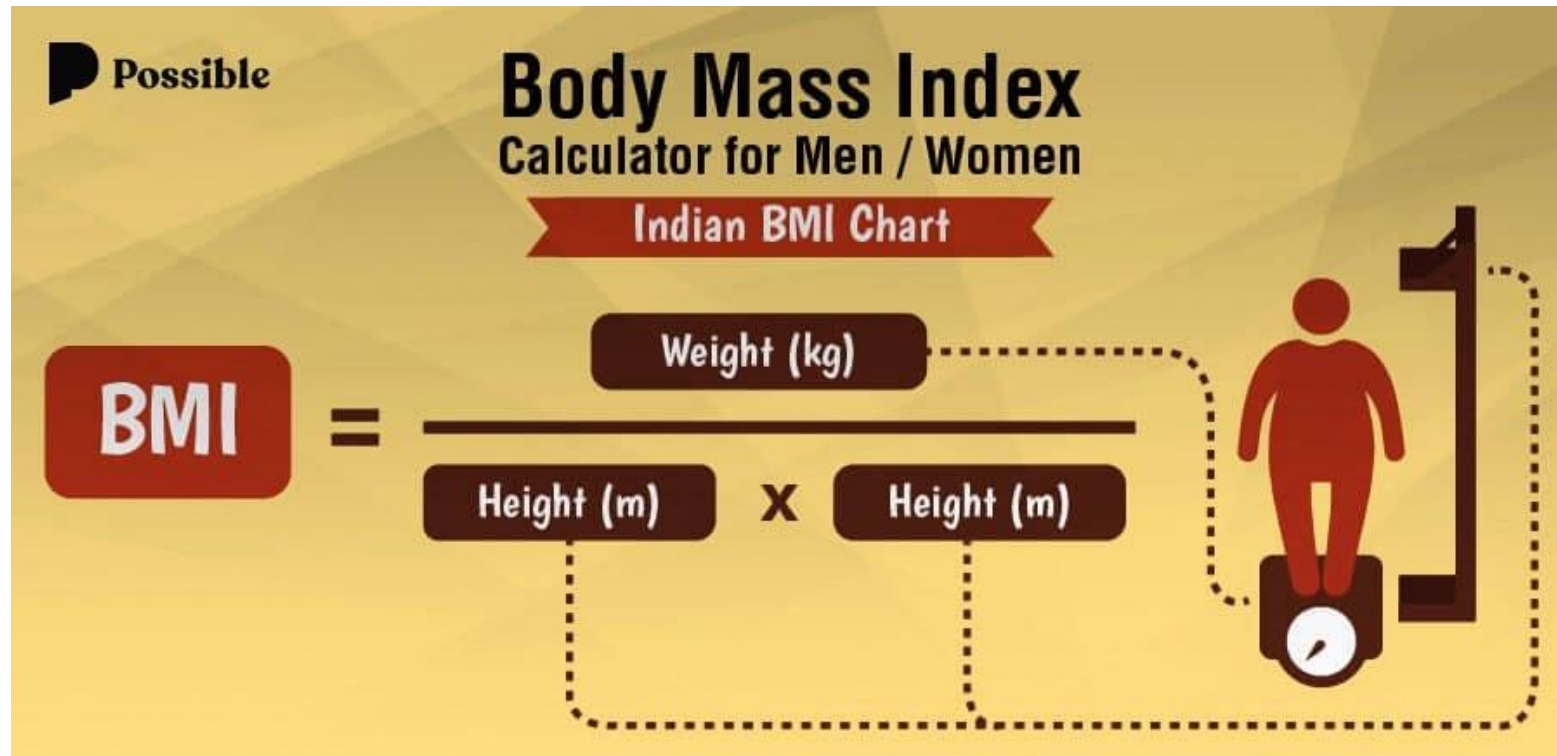


BMI calculation and its significance

Dr. Rupesh B. Yadav

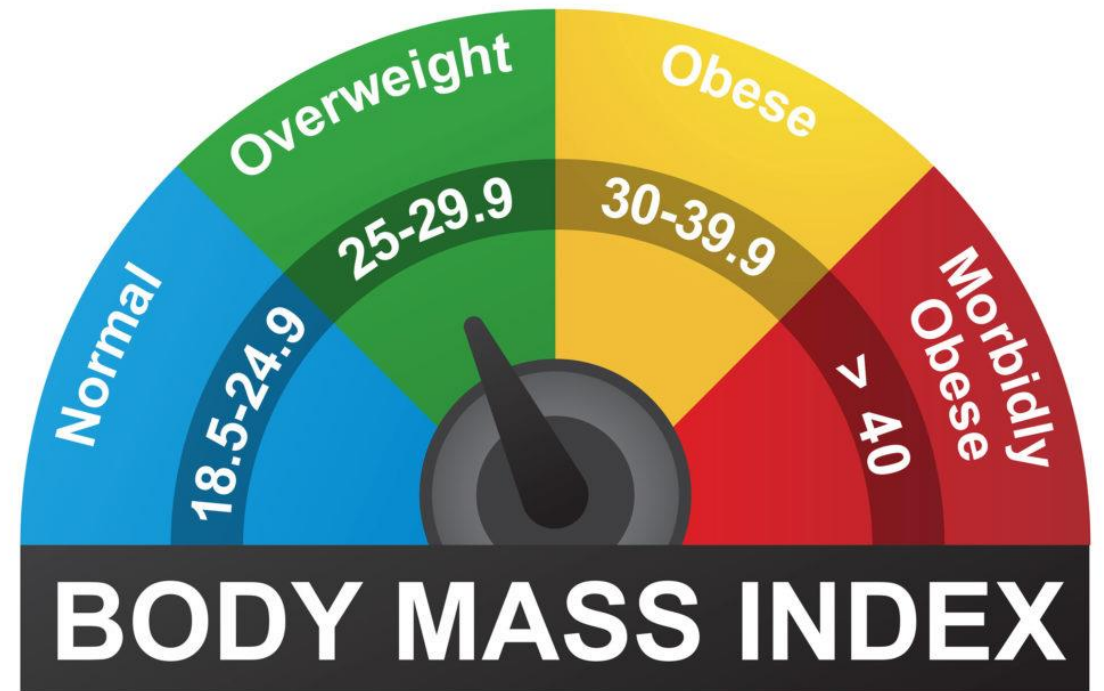
Asst. Prof.

TCSC, Mumbai.



BMI calculation and its significance

- The body mass index (**BMI**) is a statistic developed by Adolphe Quetelet in 1900's for evaluating body mass.
- It is not related to gender and age.
- It uses the same formula for men, women and children.



BMI calculation and its significance

Formula:

$$\text{BMI} = \frac{\text{Weight (kg)}}{[\text{Height (m)}]^2}$$

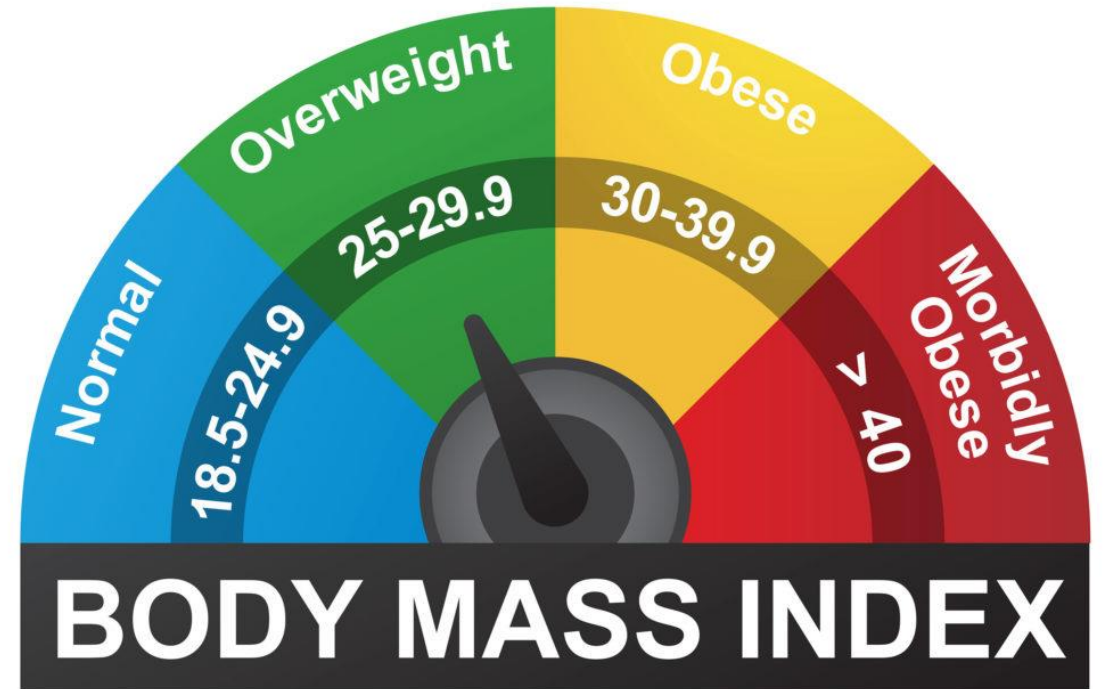
Substitute the values in the BMI formula,

$$\text{BMI} = \frac{65}{(1.75 \times 1.75)}$$

$$\text{BMI} = 21.22$$

BMI calculation and its significance

- Simplest method of assessment of obesity is BMI.
- Other methods like skin fold thickness, waist hip rotation, body composition analysis (BCA) can also be used for assessment.
- Obesity can be treated by reducing energy intake and by increasing energy loss.



BMI calculation and its significance

- Diet planning is an essential factor in weight loss program. Diet should be nutritionally adequate and well balanced.
- One kilogram of adipose tissues provides energy of 7000 Kcal.
- Hence a decrease of 1000 Kcal daily is required to lose about 1kg/week.
- Weight reduction program varies from person to person depending upon sex, age and health.

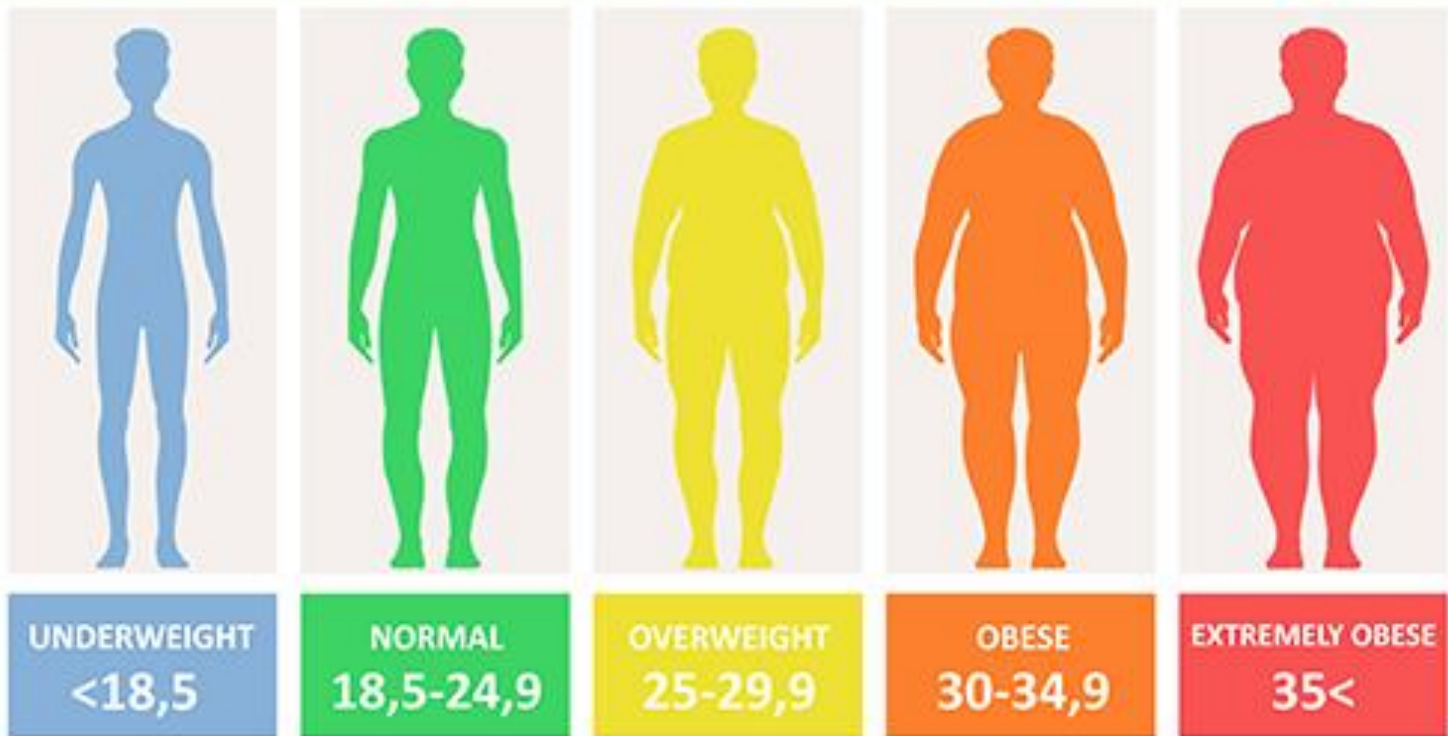


BMI calculation and its significance

- A drastic restriction on energy intake is not advisable since it leads to hunger, nervous exhaustion, weakness and inadequacy of other nutrients.
- Gastroplasty, gastric bypass, liposuction are the surgical methods to reduce obesity.



BODY MASS INDEX



*Thank
You*