



# Your Patient's BMI Matters



The Canadian Task Force on Preventive Health Care (CTFPHC) recommends measuring height and weight and then calculating Body Mass Index (BMI) at appropriate primary care visits (strong recommendation, very low quality evidence\*).

- Recommendations apply to most adults  $\geq 18$  years of age
- Recommendations do not apply to pregnant women or people with health conditions where weight loss is inappropriate
- Recommendations do not apply to people with BMI  $\geq 40$ , who will benefit from specialized bariatric programs

## WHAT IS YOUR PATIENT'S BMI?

Calculate BMI by measuring height and weight AND using BMI Chart

<p><b>BMI &lt; 18.5</b> UNDERWEIGHT</p>	<p>This category is outside the scope of this guideline.</p>
<p><b>18.5 <math>\leq</math> BMI <math>\leq</math> 24.9</b> NORMAL WEIGHT</p>	<p>Do not offer formal, structured behavioural interventions aimed at preventing weight gain in adults (<i>weak recommendation; very low-quality evidence</i>).</p>
<p><b>25 <math>\leq</math> BMI <math>\leq</math> 29.9</b> OVERWEIGHT</p>	<p>Have a discussion with your patient, and offer or provide referral to structured behavioural interventions aimed at weight loss (<i>weak recommendation; moderate-quality evidence</i>)</p>
<p><b>30 <math>\leq</math> BMI <math>\leq</math> 39.9</b> OBESE</p>	<p>Have a discussion with your patient, and offer or provide referral to structured behavioural interventions aimed at weight loss (<i>weak recommendation; moderate-quality evidence</i>)</p>
<p><b>30 <math>\leq</math> BMI <math>\leq</math> 39.9</b> OBESE AND AT HIGH RISK OF DIABETES†</p>	<p>Offer or refer the patient to structured behavioural interventions aimed at weight loss (<i>strong recommendation; moderate quality evidence</i>)</p>
<p><b>BMI &gt; 40</b> SEVERELY OBESE</p>	<p>This category is outside the scope of this guideline.</p>

### What are "appropriate primary care visits"?

- Routine visits, visits for medication renewal, and other visits where the primary care practitioner deems it appropriate

### What are "structured behavioural interventions"?

- Programs focused on behaviour modification that involve several sessions over a period of weeks to months

### Recommended programs should focus on:

- Modifying diet
- Increasing exercise
- Making lifestyle changes
- Any combination of these

### Programs for obesity management may also include:

- Counselling
- Education or support
- Environmental changes (e.g., use of a smaller plate)

### Can I instruct my patients to calculate their own BMI? Or can I estimate it?

- We recommend that physicians (or another member of the health care team) measure weight and height to calculate the patient's BMI.
- Adults tend to overestimate their own height and underestimate their own weight
- Visual estimation by clinicians is often inaccurate and will not detect the relatively small gains occurring among most adults.

\* For explanation of GRADE categories of recommendations and quality of evidence, please see: [www.canadiantaskforce.ca/methods/grade/](http://www.canadiantaskforce.ca/methods/grade/)

† High-risk status is defined by 10-year risk of diabetes of  $\geq 33\%$ , which can be assessed using the CANRISK or FINDRISC risk assessment tool available at: [www.canadiantaskforce.ca/ctfphc-guidelines/2012-type-2-diabetes/](http://www.canadiantaskforce.ca/ctfphc-guidelines/2012-type-2-diabetes/)

# BMI Chart



Weight (lbs)





		95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	
Height (feet/inches)	5'0"	19	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	152.5
	5'1"	18	19	20	21	22	23	24	25	26	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	43	44	45	155
	5'2"	17	18	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	37	38	39	40	41	42	43	44	157.5
	5'3"	17	18	19	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	35	36	37	38	39	40	41	42	43	160
	5'4"	16	17	18	19	20	21	21	22	23	24	25	26	27	27	28	29	30	31	32	33	33	34	35	36	37	38	39	39	40	41	162.5
	5'5"	16	17	18	18	19	20	21	22	22	23	24	25	26	27	27	28	29	30	31	32	32	33	34	35	36	37	37	38	39	40	165
	5'6"	15	16	17	18	19	19	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	32	33	34	35	36	36	37	38	39	167.5
	5'7"	15	16	17	17	18	19	20	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	32	33	34	34	35	36	37	38	170
	5'8"	14	15	16	17	17	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	33	33	34	35	36	36	172.5
	5'9"	14	15	16	16	17	18	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	32	33	34	35	35	175
	5'10"	14	14	16	16	16	17	18	19	19	20	21	22	22	23	24	24	25	26	27	27	28	29	29	30	31	32	32	33	34	34	177.5
	5'11"	13	14	15	15	16	17	17	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	29	29	30	31	31	32	33	33	180
	6'0"	13	14	14	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	31	31	32	33	182.5
	6'1"	13	13	14	15	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	32	185
	6'2"	12	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	187.5
	6'3"	12	12	13	14	14	15	16	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	27	28	29	29	30	190
6'4"	12	12	13	13	14	15	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	24	25	26	26	27	27	28	29	29	192.5	
		43	45	47	50	52	54	56	59	61	63	65	68	70	72	75	77	79	81	84	86	88	90	93	95	97	99	102	104	106	109	

Height (centimeters)

Weight (kgs)

1. Find your height on the left or right side
2. Find your weight on the top or bottom
3. Your BMI number is where the two numbers meet

(For example - someone who is 5'9" and 145 lbs has a BMI of 21)

-  Under healthy weight: BMI <18.5
-  Healthy weight: BMI 18.5-24.9
-  Overweight: BMI 25-29.9
-  Obese: ≥BMI 30