Know Your Nutrition Numbers
May 2001

Calculating Body Mass Index
Body Mass Index (BMI) is one way of determining if you are overweight. BMI is a measure of body weight relative to height and is often, but not always, correlated with body fat content.

To calculate your Body Mass Index just follow these 3 simple steps:

1. Multiply your weight in pounds by 703.
2. Divide this number by your height in inches.
3. Divide this number again by your height in inches.

A BMI between 18.5 and 24.9 is considered healthy 25 to 29.9 is considered overweight 30 plus is considered obese

Calculating Waist to Hip Ratio
1. Measure your waist with a tape measure.
2. Measure your hips at their widest point.
3. Divide your waist measurement by your hip measurement.

In general, a waist to hip ratio above 0.8 for women and above 1.0 for men indicates excess abdominal fat. Carrying extra fat around the abdomen is associated with a higher risk for heart disease, high blood pressure, high cholesterol and diabetes.

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