



Your Health and Your Weight

How do you know if you have a healthy weight?

To know if your weight is in the healthy range you can calculate your body mass index, also known as BMI.

BMI = { weight / (height x height) } x 703

Example: Ana weighs 130 lbs. and is 5'3" tall or 63", using the BMI formula...
 BMI = {130 lbs / (63" x 63")} x 703 = 23 ...Ana's BMI is 23.
 Weight is in pounds (lbs) and height is in inches (")
 Check Ana's BMI number with the table below to see if she has healthy weight.

	BMI	Risk of health problems related to weight
Underweight	Below 18.5	
Normal	18.5 - 24.9	<u>Healthy range</u> ; very low risk
Overweight	25.0 - 29.9	Low risk
Obese	30.0 and Above	Moderate to very high risk



PHYSICAL ACTIVITY

- > No time? Break up your 30 minutes of exercise throughout the day.
- > No interest? Make it fun!
- > No motivation? Join a group or find a buddy.
- > Physical ability? Find an activity that does not make you feel uncomfortable.
- > Use the stairs instead of the elevator.
- > Ride your bike, take a walk.
- > Take a hike with the dog.

How can obesity affect your health?

Obesity has been linked to **heart disease, cancer, and diabetes**, all of which are top causes of death in the United States.

Overweight children face many long-term health problems. This includes becoming blind, kidney problems and heart disease.

Obesity may also cause common **mood and anxiety disorders**. For example, lifetime major depression, bipolar disorder and panic disorder.

To lose and maintain your weight:

- **Get moving** - physical activity increases your metabolism, burns calories and tones the muscles in your body. Gradually increase to at least 30 minutes most days of the week.
- **Control** your food portion size.
- **Focus** your meals on fruits, vegetables and whole grains. Use lean meats, fish and poultry as the side dishes.

Get informed - questions to ask your behavioral health provider and medical doctor:

1. Do I need to lose weight?
2. How much should I weigh?
3. Are any of my health conditions related to my weight?
4. Can any of my conditions be improved with weight loss?
5. Am I at risk of developing other conditions because of my weight?
6. Do any of the medications I currently take contribute to weight gain?

Talk with your provider about your eating habits, diet, and physical activity.

You shouldn't be offended or worried, sharing this information will help your provider or medical doctor understand your history and needs.

TOOLS YOU CAN USE

These online tools include BMI calculators, food preparation and shopping tips, calorie counters, portion control tips, physical activity ideas, menu planners, etc...

- ▶ www.cdc.gov/healthyweight
- ▶ www.eatwellbewell.org
- ▶ www.eatsmartgetactive.org
- ▶ www.fruitsandveggiesmorematters.org



This flyer, its sources and related materials can be found at:
www.azdhs.gov/bhs/qhi/index.htm