

# Body Mass Index

$$\text{BMI} = \frac{\text{Weight in Pounds}}{(\text{Height in inches}) \times (\text{Height in inches})} \times 703$$

For example, a person who weighs 220 pounds and is 6' 3" tall has a BMI of 27.5:

$$\left( \frac{220 \text{ lbs}}{(75 \text{ inches}) \times (75 \text{ inches})} \right) \times 703 = 27.5$$

# Super Sizing

# Body Mass Index

Below 18.5	Underweight
18.5 - 24.9	Normal
25.0 - 29.9	Overweight
30.0 and Above	Obese

## What Difference Does It Make?

- The annual cost of obesity in Georgia is estimated to be **2.1 BILLION** dollars a year.
- 5200 people in Georgia died in 2005 from deaths related to obesity.
- If you are obese and have to go to the hospital, you have to stay **85%** longer to get well.
- More people will get heart problems, diabetes, stroke, hypertension, gallstones, arthritis, and some cancers.
- Our children will grow up to be the first generation in our history to be **LESS** healthy than their parents were.

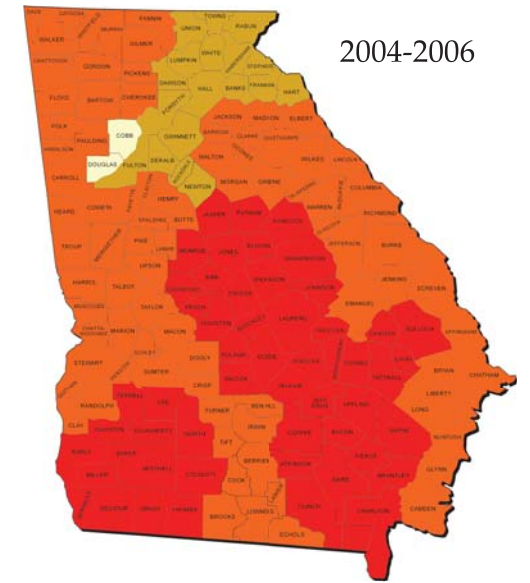
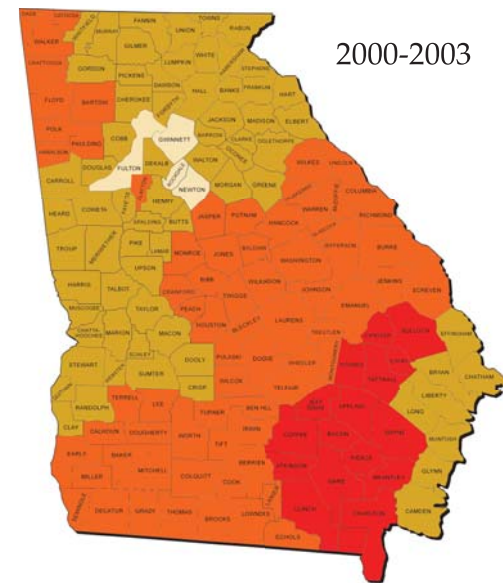
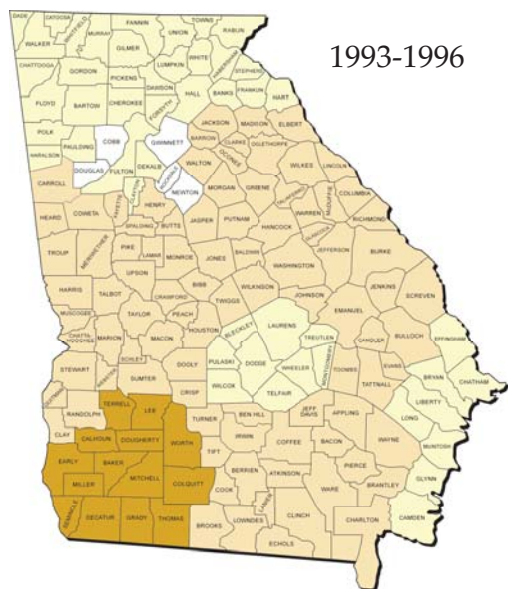


## What Can I Do?

- Exercise!**  
Try to do some kind of exercise for 30 minutes a day. It does not have to be hard - just taking a walk can help you lose weight and feel better.
- Lose Weight!**  
Learn how to read a food label. Know what you are putting in your body. Balance the kinds of food you eat.
- Eat Right!**  
Eat at least 5 servings of fruits and vegetables every day.
- If you smoke, stop.**

It's YOUR Body!  
Be in charge of your health.

## Percent of Obese Adults



<10%
  10-14%
  15-19%
  20-24%
  25-29%
  30% and up

Source: Georgia Department of Human Resources Division of Public Health  
Georgia Behavioral Risk Factor Surveillance System