

Body Mass Index (BMI) and waist measurement are simple tools you can use to get an idea about your health risks. While they are not perfect measures of body fat or health risk, they're a good place to start.

Carrying extra weight is linked to a higher risk of developing:

- Type 2 diabetes
- Heart disease
- Certain cancers
- Non-alcoholic fatty liver disease

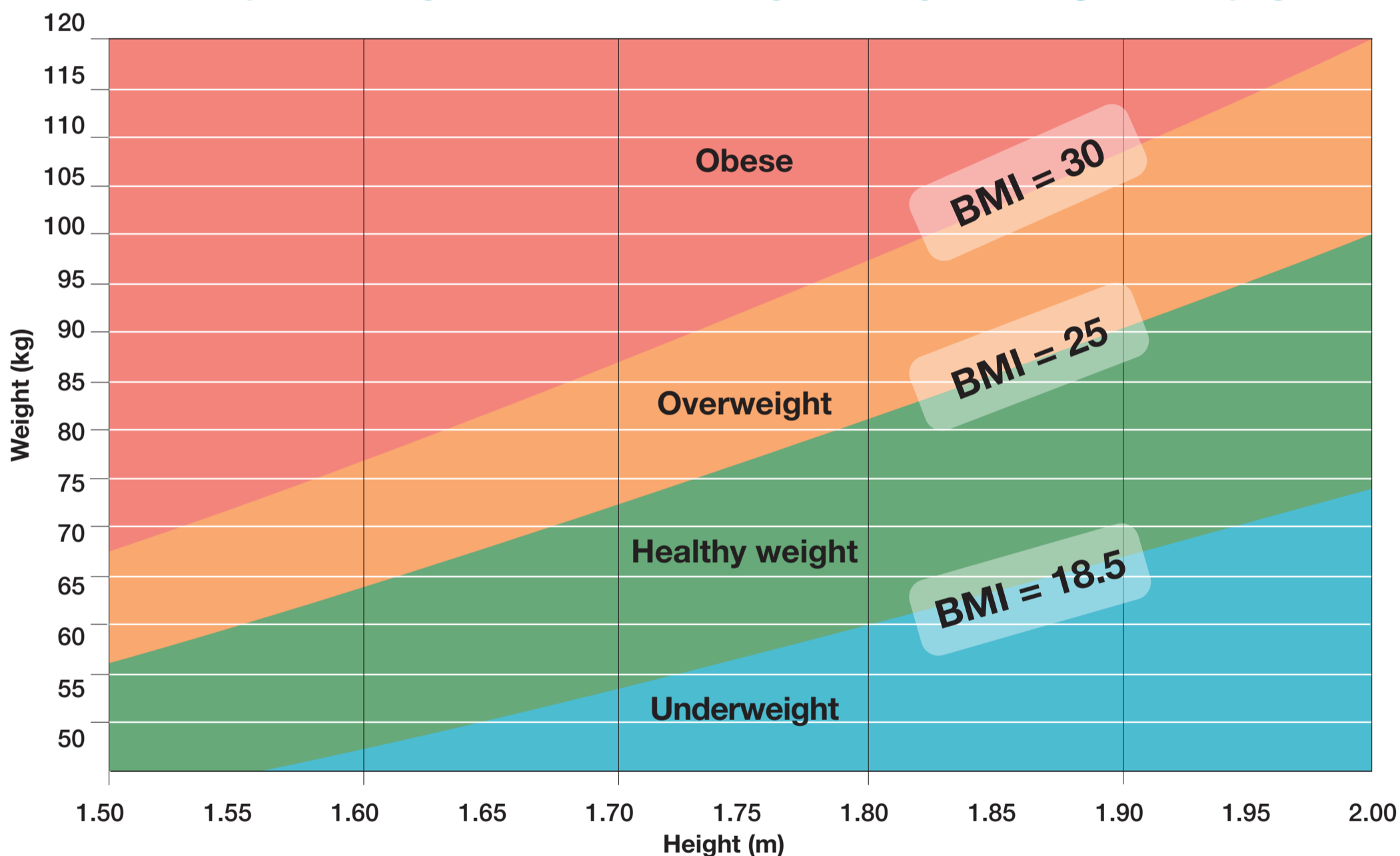
What's your Body Mass Index? (BMI)

To calculate your BMI

- 1. Weigh yourself**
wearing light clothes and no shoes if possible
- 2. Have someone measure your height**
standing against a wall and facing straight ahead
- 3. Use the formula:**

$$\text{BMI} = \frac{\text{weight (in kilograms)}}{\text{height (in metres)} \times \text{height (in metres)}}$$

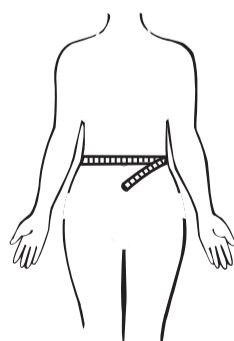
BMI CHART FOR MEN AND WOMEN OVER 18 YEARS OLD



What's your waist measurement?

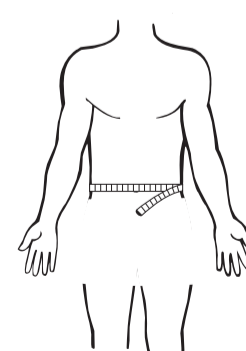
To measure your waist, follow 4 simple steps:

1. Measure directly against your skin.
2. Breathe out normally.
3. Make sure the tape is snug the whole way around, without compressing the skin.
4. Measure around the narrowest point of your waist, roughly in line with your belly button.



Women

- Lowest risk:** below 80 cm
- Increased risk:** 80 - 88 cm
- Highest risk:** above 88 cm



Men

- Lowest risk:** below 94 cm
- Increased risk:** 94 - 102 cm
- Highest risk:** above 102 cm

Remember that eating well and being active is great for your health regardless of your weight or shape. For more information and to access free tools and resources visit livelighter.com.au

For some groups of people, the healthy BMI range might be higher (as for older people and people of Pacific Islander background) or lower (people of Asian or Aboriginal background). Speak to your health professional about your risk.