

Waist Circumference & BMI



What is waist circumference (WC)?

WC is a measurement that is obtained by measuring around your abdomen, at a level half-way between your bottom rib and your hip bone.

It is a way to determine the risk for obesity, diabetes and heart disease.

13-15 year olds

Males are at risk with a waist circumference greater than 98cm and females with a waist circumference of greater than 83cm.

What is BMI

BMI means body mass index

BMI is an old way to measure body fat, based on your height and weight.

$$\text{BMI} = \frac{\text{WEIGHT (KG)}}{\text{HEIGHT}^2 (\text{M}^2)}$$

BMI classifications:

Underweight: <18.5

Healthy weight: 18.0 - 24.9

Overweight: 25.0 - 29.9

Obesity: 30.0 or greater

An athlete who has an increased muscle mass, might appear to have a BMI greater than 25.0 and appear to be over weight, but isn't.

Waist circumference will prove that this person is in fact healthy and not overweight

