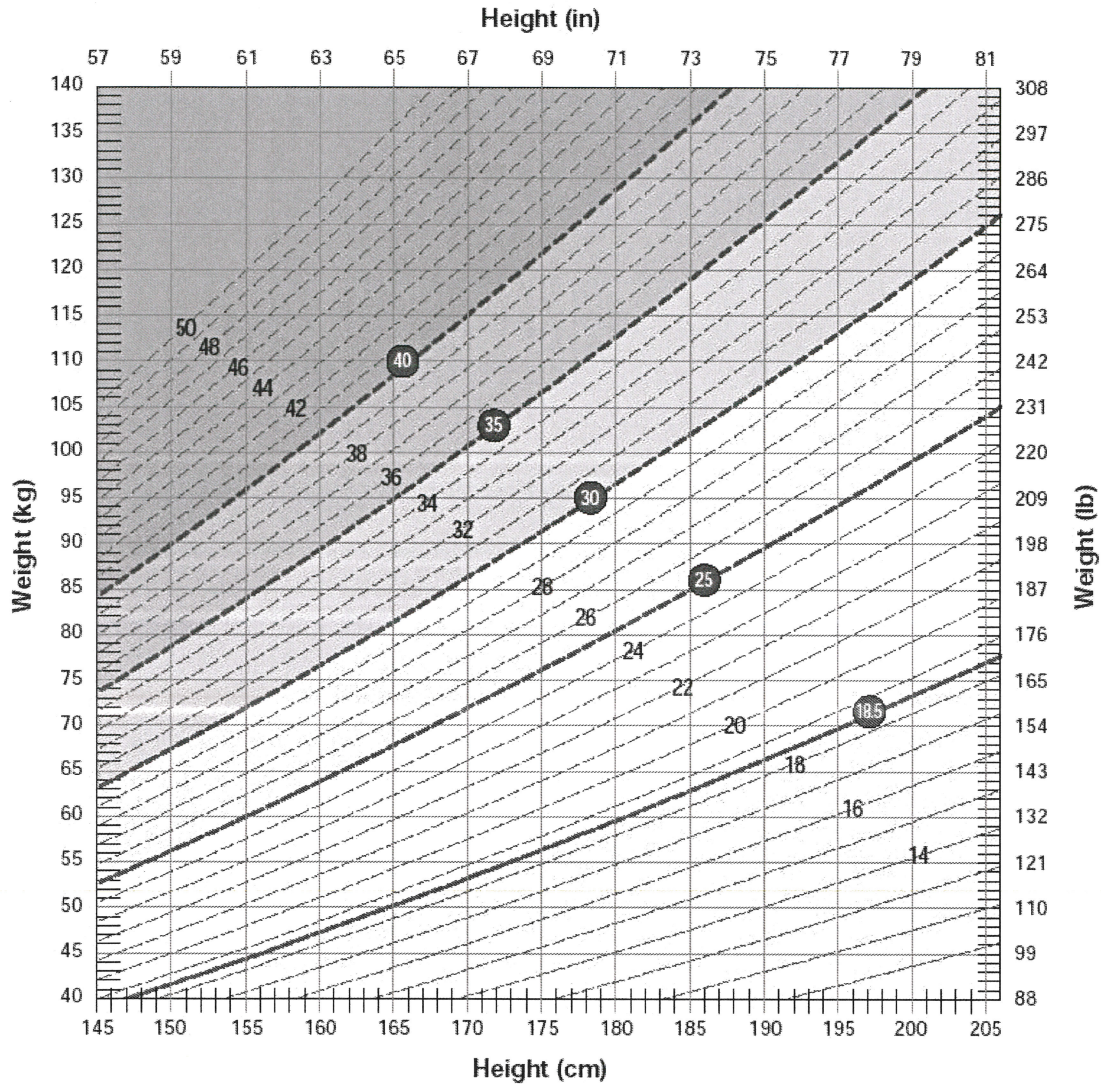


## Body Mass Index (BMI) Nomogram

From: Health Canada (2003) *Canadian Guidelines for Body Weight Classification in Adults*, Pub. No. 4647



Health Status	BMI	Risk of Developing Health Problems
Underweight	< 18.5	Increased Risk
Normal	18.5 – 24.9	Lowest Risk
Overweight	25 – 29.9	Increased Risk
Obese Class I	30 – 34.9	High Risk
Obese Class II	35 – 39.9	Very High Risk
Obese Class III	40 – 49.9	Extremely High Risk
Extreme Obesity	> 50	Extremely High Risk

For persons 65 years and older, the 'normal' range may begin slightly above BMI 18.5 and extend into the 'overweight' range