



Your Body Mass Index (BMI)

Body Mass Index (BMI) is a combined measure of weight and height used to understand weight-related health risks.

Know your BMI

Underweight: BMI < 18

Normal Weight: BMI 18.5 - 24.9

Overweight: BMI 25.0 - 29.9

Obese: BMI \geq 30.0

*National Heart Lung and Blood Institute, NIH guidelines

Set achievable goals, and get started TODAY!



This Minneapolis Department of Health and Family Support program is funded through the Minnesota Department of Health's Statewide Health Improvement Program.

BMI and health risks

People with BMIs indicating they are overweight or obese are at increased risk of:

- | | |
|-------------------------|--------------------------|
| Diabetes | Heart disease and stroke |
| Metabolic syndrome | Cancer |
| Sleep apnea | Arthritis |
| Gallbladder disease | Liver disease |
| Pregnancy complications | |

Optimal health goals

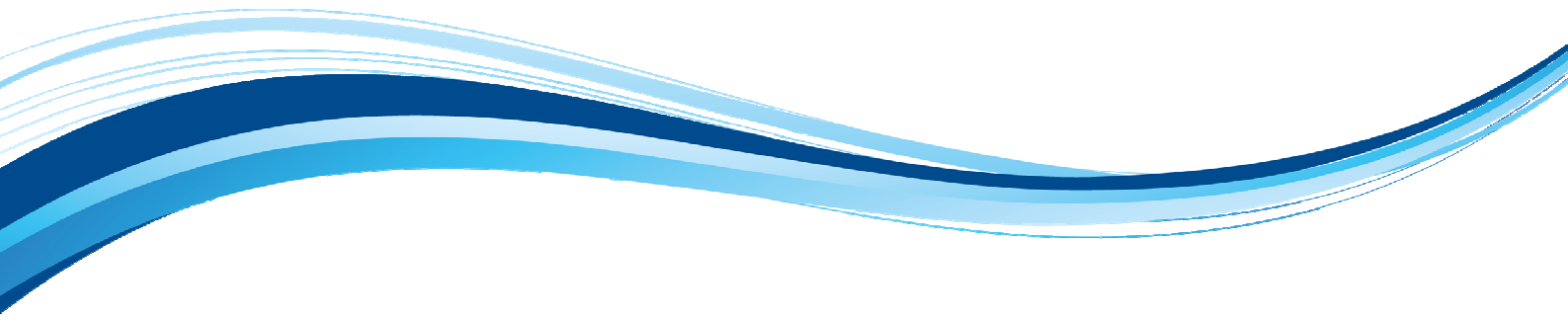
- Eat 5 servings of fruits and veggies a day
- Exercise 5+ days per week

Small steps make a **BIG** difference!

- Take the stairs
- Play with your kids
- Use smaller plates, and pay attention to portion sizes
- Park further away
- Eat more of your favorite fruits and veggies
- Walk 10 minutes per day
- Get off one bus stop earlier and walk
- Partner with a friend and support each other
- Keep an eating and activity log

Creating a Healthier Minneapolis healthy eating + physical activity + smoke-free living

Minneapolis Department of Health and Family Support (MDHFS)
250 S. 4th St., Rm. 510, Minneapolis, MN 55415-1384 | www.ci.minneapolis.mn.us/dhfs



If you need this material in an alternative format please call Minneapolis Department of Health and Family Support at 612-673-2301 or email health.familysupport@ci.minneapolis.mn.us. Deaf and hard-of-hearing persons may use a relay service to call 311 agents at 612-673-3000. TTY users may call 612-673-2157 or 612-673-2626.

Attention: If you have any questions regarding this material please call Minneapolis Department of Health and Family Support 612-673-2301. Hmong - Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, hu 612-673-2800; Spanish - Atención. Si desea recibir asistencia gratuita para traducir esta información, llama 612-673-2700; Somali - Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la' aan wac 612-673-3500

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