Class : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name : \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Class no. : \_\_\_\_\_\_\_\_\_\_\_\_ Date : \_\_\_\_\_\_\_\_\_\_\_\_

**BMI and Health**

1. What is BMI? How to calculate BMI?

BMI means b\_\_\_\_\_\_\_ m\_\_\_\_\_\_\_ i\_\_\_\_\_\_\_

 BMI =

1. What are the health problems of obese?

 Overweight and obese individuals are at increased risk for many diseases and health conditions, including \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What is the limitation of BMI?

Athletes have a real problem with the body mass index because they carry a high weight due to muscle mass. BMI simply doesn’t differentiate between m\_\_\_\_\_\_\_\_\_\_ and f\_\_\_\_\_\_\_\_\_\_.

**BMI, The Body Mass Index (BMI) and Children**

BMI is an important tool to identify childhood **obesity**.

Maintaining a healthy weight during childhood is especially important for heart health. Research shows that nearly 60 percent of overweight children age 5 to 17 had at least one risk factor for **cardiovascular disease** and 25 percent had two or more. And obese kids have an 80 percent chance of staying obese their entire lives.

But heart disease, often caused by high blood pressure and/or high cholesterol, isn’t the only health risk. Childhood obesity may also lead to significant health problems, including:

* **Heart disease**
* **Cancers**
* **Type 2 Diabetes**
* **High blood pressure**
* **Sleep Apnea**
* **Mental Health**
* **Psychological stress**, caused by social stigma of being obese

What is BMI?

Body Mass Index is calculated using weight and height measurements and is an indicator of body fatness. It is not a direct measurement of fat, but research has shown that BMI measurements correlate to direct measurement. BMI is measured differently in adults than in children, so it is important to use the proper calculator to find out yours and your child’s separately.

BMI is not used to diagnose health issues, but it can be an early screening tool. Your health care provider may use additional information, such as family history, information about diet and exercise or a measurement of skinfold thickness or other tests to determine whether excess fat is a problem.

Kids BMI Calculator

http://www.prokerala.com/kids/kids-bmi.php