

BMI Calculator

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What is Body Mass Index or BMI?

Body mass index or BMI, is a tool used to tell whether a person is at a healthy weight. BMI is often used to help tell if your weight might put you at risk for health problems such as diabetes, heart disease and cancer.

Open the online BMI Calculator

Your weight and height are used to find out your BMI number. In general, the higher the number, the more body fat a person has.

BMI categories for adults age 20 to 64 years old:

- Underweight: BMI is less than 18.5
- Normal weight: BMI is 18.5 to 24.9
- Overweight: BMI is 25 to 29.9
- Obesity: BMI is 30 or more

BMI categories for adults age 65 years or older:

- Underweight: Less than 23
- Normal weight: 23 - 29.9

The screenshot shows a web form titled "BMI Calculator" with two tabs: "Imperial" (selected) and "Metric". The form includes the following fields: "Date of Birth" with a date picker set to "1956-03-15"; "Gender" with radio buttons for "Male" (selected) and "Female"; "Weight (lbs)" with a text input field containing "234"; and "Height" with two text input fields for feet and inches, containing "6" and "2" respectively.

Screenshot of the BMI Calculator

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- Overweight: 30 - 34.9
- Obese: 35 or greater

Note: Research suggests that slightly higher BMI ranges may be healthier for older adults, providing protection against malnutrition and bone loss.

Limitations of BMI

BMI gives a good estimate of total body fat, but it doesn't work well for everybody. Factors such as skinfold thickness, waist size, age, diet and family health problems should also be evaluated by a health care provider.

Finding BMI in children and teens

BMI levels for children and teens are calculated using age and sex and translated into percentiles:

- Underweight: less than the 5th percentile
- Normal weight: 5th percentile to less than the 85th percentile
- Overweight: 85th percentile to less than the 95th percentile
- Obesity: 95th percentile or higher

Calculating Daily Calories for Adults

For adults (ages 20 and over), we use the Mifflin-St Jeor Equation to estimate daily caloric needs based on age, gender, weight, height, and activity level.

Important Information & Medical Disclaimer

Scope of Tool: This calculator is intended for use by adults 18 years of age and older. It is not intended for use with individuals who are pregnant, lactating, or competitive athletes, as these factors can lead to an inaccurate assessment of health risk.

Healthy Weight Loss: In accordance with Health Canada guidelines, a small, steady weight loss is recommended for long-term sustainability and heart health.

Not Medical Advice: The results provided (BMI, TDEE, and weight-loss projections) are for informational purposes only and do not constitute professional medical advice, diagnosis, or treatment.

Comprehensive Assessment: BMI and Waist Circumference are only two components of health. Factors such as lifestyle, genetics, and muscle mass also influence individual risk. Always consult a licensed healthcare provider or Registered Dietitian before making significant changes to your diet or exercise regimen.

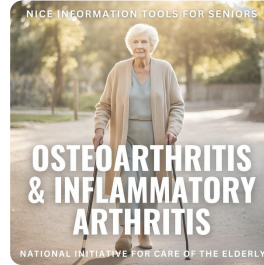
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