

BMI & your health.

Your physician cares about your health and providing the best possible outcome from your care and treatment. Body weight can have a significant impact on overall health and on recovery from surgical procedures.

Body Mass Index, or **BMI** is a measure of your weight in relation to your height and can indicate your risk for developing serious health problems.

A BMI of 30 or above is considered obese and significantly raises the likelihood you will suffer from conditions such as heart disease, high blood pressure, diabetes, gallbladder disease, osteoarthritis, sleep apnea, and some cancers.

In addition to increased risk for these health issues, obesity affects walking mechanics, increasing stress on joints and substantially increasing the chances of needing a joint replacement.

Post-surgical complications are also higher in those with higher BMIs. Wound, respiratory, urinary, infection, and overall complications as well as longer hospital stays and decreased range of motion after surgery are all risks that increase as BMI increases.

Reduction of BMI to a healthy weight lowers your risk for developing these problems and contributes to a happier and more energized you.

Learn more about adapting healthy weight strategies on the reverse side.



Calculating Your BMI

1. Multiply your weight in pounds by 700.
2. Divide the answer by your height in inches.
3. Divide this number by your height in inches *again*.

This is your BMI.

- Example:*
1. 160 pounds X 700 = 112,000
 2. 112,000 divided by 63 inches = 1778
 3. 1778 divided by 63 inches = BMI of 28

BMI

Below 18.5

18.5 - 24.9

25.0 - 29.9

30.0 and above

Weight Status

Underweight

Normal

Overweight

Obese

OrthoIllinoisSM cares about your health.

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How to Lose Weight and Maintain It

The U.S. Department of Health and Human Services National Institutes of Health offers these guidelines for achieving and maintaining a healthy BMI.

Most people who try to lose weight focus on one thing: weight loss. However, if you set goals, eat healthy foods, and are physically active, then you may be more successful at losing weight.

Weight Loss Goals

Setting the right goals is an important first step to losing and maintaining weight.

- Losing just 5-10 percent of your current weight over 6 months will lower your risk for heart disease and other conditions.
- Losing 1-2 pounds per week is a reasonable and safe weight loss.
- Maintaining a modest weight loss over a longer period of time is better than losing a lot of weight and regaining it. You can think about additional weight loss after you've lost 10 percent of your current body weight and have kept it off for 6 months.

Maintaining a healthy weight calls for keeping a balance of energy. You must balance the calories or energy you get from food and beverages with the calories you use to keep your body going and to be physically active.

A Healthy Eating Plan

A healthy eating plan gives your body the nutrients it needs every day and helps you stay within your daily calorie level. Such an eating plan also will lower your risk for heart disease and other conditions. A healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low fat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs and nuts.
- Is low in saturated fats *trans* fat, cholesterol, salt (sodium), and added sugars.
- Controls portion sizes.

Cutting back on calories is also part of a healthy eating plan to lose weight. In general, eating plans that contain 1,000-2,000 calories each day will help most women lose weight safely and plans that contain 1,200-1,600 calories each day are suitable for most men.

Physical Activity - How Much Should You Aim For?

Staying physically active and eating fewer calories will help you lose weight and keep the weight off over time. But people vary greatly in how much physical activity they need to reach their weight goals.

Some people can reach a stable weight by doing 150-300 minutes a week of moderate-intensity activity. Others need to do more than 300 minutes a week of moderate-intensity activity to lose more than 5 percent of body weight and keep the weight off.

Either way, you don't have to do physical activity all at once. You can break up your physical activity into periods of at least 10 minutes and spread it throughout the week.

For people suffering from arthritis, swimming is an excellent activity that places less strain on painful joints.

Learn More

More information on maintaining a healthy weight, and on overweight and obesity, is available from the National Heart, Lung, and Blood Institute (NHLBI) web site at www.nhlbi.nih.gov (under Health Information for the

Public) and at the Aim for a Healthy Weight Web site at <http://healthyweight.nhlbi.nih.gov>. Podcasts and Spanish-language articles also can be found in the online Diseases and Conditions Index at www.nhlbi.nih.gov/health/dci.

Information on overweight prevention strategies for children and families can be found on the *We Can!* (Ways to Enhance Children's Activity and Nutrition) Web site at <http://wecan.nhlbi.nih.gov>.