

Body Mass Index (BMI) Fact Sheet for Elderly Population (65 years and older)

Name: _____ Date: _____

YOUR CALCULATED BMI: _____

BMI = indicator of total body fat*

Height: _____ inches

Weight: _____ lbs

Waist circumference: _____ inches

Waist Circumference: indicator of abdominal fat *

Heart Rate: _____ bpm

O2 Sat: _____%

Blood Pressure: _____ mmHg

BMI Interpretation

Underweight: < 18.5

Normal: 18.5-24.9

Overweight: 25-29.9

Obese: > 30.0

Waist Circumference Interpretation

Increased Risk

Women: > 88 cm/35 inches

Men: > 102 cm/40 inches

***NOTE:** BMI and Waist Circumference are correlated and together allow determination of health risk

➤ You are at an increased risk of mortality (shorter lifespan) if BMI < 18.5

• **NOTE:** If you are underweight, you may benefit from a dietary consult to ensure proper nutrition

• <http://www.nutrition.gov>

• www.newarkseniorcenter.com/Nutrition.html

➤ You are at an increased risk of the following if BMI ≥ 25:

- Osteoarthritis Type 2 Diabetes Physical Disability

➤ You may be at an increased risk of the following if BMI ≥ 30 and/or waist circumference is >88cm in women and >102cm in men:

- Mortality (shorter lifespan) Cardiovascular Disease

NOTE: Being sedentary (relatively no physical activity) is associated with a greater risk of mortality.

Increasing safe physical activity should be your goal.

Refer to the following websites for more information:

- National Heart Lung and Blood Institute:

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/control.htm#part2

Phone Number: (301)- 592-8573

- Centers for Disease Control and Prevention:

<http://www.cdc.gov/physicalactivity/everyone/guidelines/olderadults.html>

Phone Number: 800-CDC-INFO (800-232-4636)

- Newark Senior Center: <http://www.newarkseniorcenter.com/home.html>

Phone Number: (302)-737-2336



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