

BMI calculation to assess whether the body is obese or undernourished

Body Mass Index (BMI) is a measure of the body's weight to assess whether a person is obese, malnourished or has an ideal weight.

BMI (Body Mass Index) or body weight index, body mass index is an indicator of body weight to assess whether a person is obese, malnourished or has ideal weight. The BMI applies to both adult men and women (except for pregnant women, athletes and the elderly).

The BMI was first proposed by a Belgian scientist in 1832.

1. Standard formula to calculate BMI

The formula for calculating the BMI is based only on a person's height and weight:

$$\text{BMI} = \text{Cân nặng} / [(\text{Chiều cao})^2]$$

1. Weight in kg.
2. Height in units of m.

2. How much is a normal BMI?

Based on the classification of the Association of Asian Diabetes (IDI & WPRO) applied to Asians below, from the BMI we can know the level of fatness of a person. Accordingly, the ideal BMI of Vietnam is from 18.5 to 22.9.

Phân loại	BMI (kg/m ²) - WHO	BMI (kg/m ²) - IDI & WPRO
Cân nặng thấp (gầy)	< 18,5	
Bình thường	18,5 - 24,9	18,5 - 22,9
Thừa cân	≥ 25	≥ 23
Tiền béo phì	25 - 29,9	23 - 24,9
Béo phì độ I	30 - 34,9	25 - 29,9
Béo phì độ II	35 - 39,9	≥ 30
Béo phì độ III	≥ 40	

IDI & WPRO: Asian Association for Diabetes Classification classification. WHO: The World Health Organization (WHO) classification scale for Europeans.

In addition, we can rely on height to quickly calculate the ideal weight, maximum allowable weight, our minimum weight according to the following formula:

Ideal weight = [Odd number of heights (cm) x 9] / 10

Maximum weight = equal to the odd of the height (cm)

Minimum weight = [Odd number of heights (cm) x 8] / 10

For example, a person with a height of 1.7m = 170cm:

His or her ideal weight: $(70 \times 9) : 10 = 63\text{kg}$.

Maximum weight of that person: 70kg.

Minimum weight of that person: $(70 \times 8) : 10 = 56\text{kg}$.



3. Assess the distribution of body fat

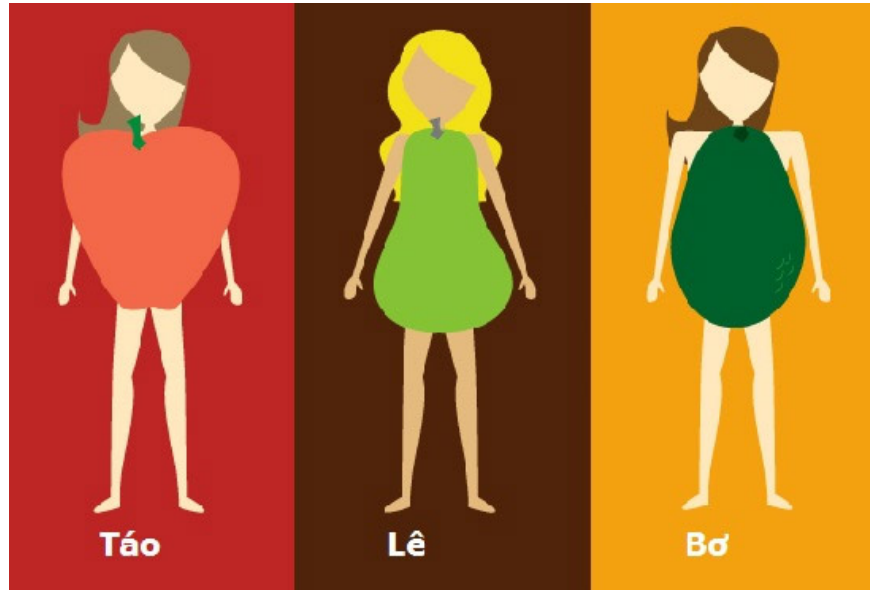
BMI can only classify the level of obesity, can not reflect the distribution of body fat to know what kind of obesity we are.

Waist Hip Ratio (WHR) can help us assess the distribution of body fat.

WHR = [Vòng eo (cm)] / [Vòng hông (cm)]

1. Waist: Measure at the navel.
2. Buttock: Measure across the fullest bulge of the buttocks.

Nữ	Nam	Dáng người	Mức nguy hiểm đến sức khỏe
< 0,8	< 0,95	Quả lê	Thấp
0,81 – 0,85	0,96 – 1,0	Quả bơ	Bình thường
> 0,85	> 1,0	Quả táo	Cao



Being too thin or too fat has bad effects on human health. Therefore, you should regularly monitor your weight for timely adjustment measures.

To have a fit, healthy body, you should pay attention to diet, increase exercise and sports.

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