

## Calculating BMI (Body Mass Index)

Body Weight divided by height in inches squared x 703 = BMI

$(BW / \text{Height}^2) \times 703 = \text{BMI}$

BMI is just one aspect of a person's health profile and it certainly can affect one's fertility profile.

While it's quite true that as a person's BMI increases the risk for many diseases increases. No news here.

It's also true that if it's too low it can affect fertility and this is often seen in athletes or those who obsess about their weight and try to stay skinny.

What do the numbers mean?

For adults over 20, BMI falls into one of these categories:

<u>BMI</u>	<u>Weight status</u>
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and above	Obese

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