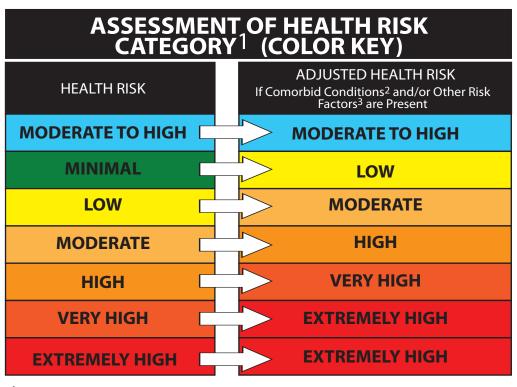
## **BODY FAT RANGES FOR STANDARD ADULTS**

18	to 39	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49
18	to <b>59</b>	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49
60	to <b>99</b>	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49
	to 39	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49
	to 59	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49
60	to <b>99</b>	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49

## **BODY MASS INDEX (BMI)**

LIFICLIT	WEIGHT (LBS)																														
HEIGHT	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250
4' 11"	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	44	44	45	46	48	48	49	50
5' 0"	19	21	21	22	23	25	25	26	28	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49
5' 1"	19	20	21	22	22	24	25	25	27	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	42	43	45	45	46	47
5' 2"	18	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	35	37	37	38	40	40	41	42	43	44	45	46
5' 3"	18	19	20	20	21	22	23	24	25	26	27	27	29	29	30	31	32	33	34	34	36	36	37	38	39	40	41	42	43	43	44
5' 4"	17	18	19	20	20	22	22	23	24	25	26	27	28	28	29	30	31	32	33	33	34	35	36	37	38	39	39	41	41	42	43
5' 5"	17	18	18	19	20	21	22	22	24	24	25	26	27	28	28	29	30	31	32	32	33	34	35	36	37	37	38	39	40	41	42
5' 6"	16	17	18	19	19	20	21	22	23	24	24	25	26	27	27	28	29	30	31	31	32	33	34	35	36	36	37	38	39	40	40
5' 7"	16	17	17	18	19	20	20	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	33	34	35	35	36	37	38	38	39
5' 8"	15	16	17	17	18	19	20	20	22	22	23	24	25	25	26	27	28	28	29	30	31	31	32	33	34	34	35	36	37	37	38
5' 9"	15	16	16	17	18	19	19	20	21	22	22	23	24	24	25	26	27	27	28	29	30	30	31	32	33	33	34	35	36	36	37
5' 10"	14	15	16	17	17	18	19	19	20	21	22	22	23	24	24	25	26	27	27	28	29	30	30	31	32	32	33	34	35	35	36
5' 11"	14	15	15	16	17	18	18	19	20	20	21	22	23	23	24	24	25	26	27	27	28	29	29	30	31	31	32	33	34	34	35
6' 0"	14	14	15	16	16	17	18	18	19	20	20	21	22	23	23	24	25	25	26	26	27	28	29	29	30	31	31	32	33	33	34
6' 1"	13	14	15	15	16	17	17	18	19	19	20	20	21	22	22	23	24	25	25	26	27	27	28	29	29	30	30	31	32	32	33
6' 2"	13	14	14	15	15	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	32	32
6' 3"	12	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	24	25	26	26	27	28	28	29	30	30	31	31
6' 4"	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26	27	28	28	29	29	30	30
6' 5"	12	13	13	14	14	15	16	16	17	17	18	18	19	20	20	21	22	22	23	23	24	24	25	26	26	27	27	28	29	29	30



ASSESSED HEALTH RISK	TREATMENT OPTION(S) AVAILABLE							
MODERATE TO HIGH	Refer for further evaluation due to low weight/body fat							
MINIMAL	Healthful eating, Increased physical activity, Lifestyle change strategies							
LOW	Healthful eating and/or moderate deficit diet, Increased physical activity, Lifestyle change strategies							
MODERATE	All of the above plus low calorie diet							
HIGH	All of the above plus pharmacotherapy							
VERY HIGH	All of the above plus pharmacotherapy							
EXTREMELY HIGH	All of the above plus surgical treatment							

<sup>&</sup>lt;sup>1</sup>Given your knowledge of your patient's overall health, use clinical judgement to determine the appropriate Health Risk category for a patient whose percent body fat or BMI falls between tow color zones.

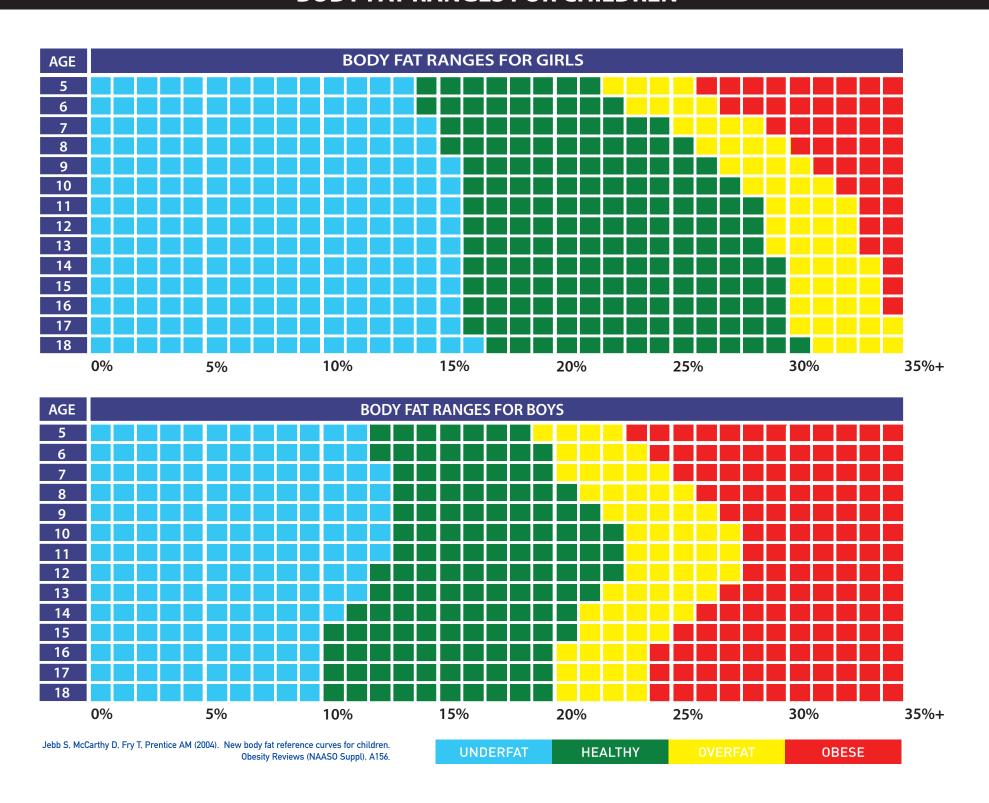
 $<sup>^{3}</sup>$ Other risk factors include waist-to-hip ratio >1.0 in males or >0.8 in females, a waist circumference of ≥ 40 inches (102 cm) in males or ≥ 35 inches (88 cm) in females. Possible risk factors include progressive weight gain since age 18 years, individual history of obesity, bulimia nervosa, binge eating disorder, depression, anxiety, and stress, hyperinsulinemia, breast, colon or endometrial cancer, recent pregnancy, menopause, physical inactivity, excessive alcohol consumption and smoking cessation.





<sup>&</sup>lt;sup>2</sup>A Comorbid condition is any condition associated with obesity that usually worsens an the degree of obesity increase and often improves as the obesity is successfully treated. Comorbid conditions include hypertension, cardiovascular disease, dyslipidemea, type 2 diabetes, sleep apnea, osteoarthritis, stroke, infertility, certain cancers, and other conditions.

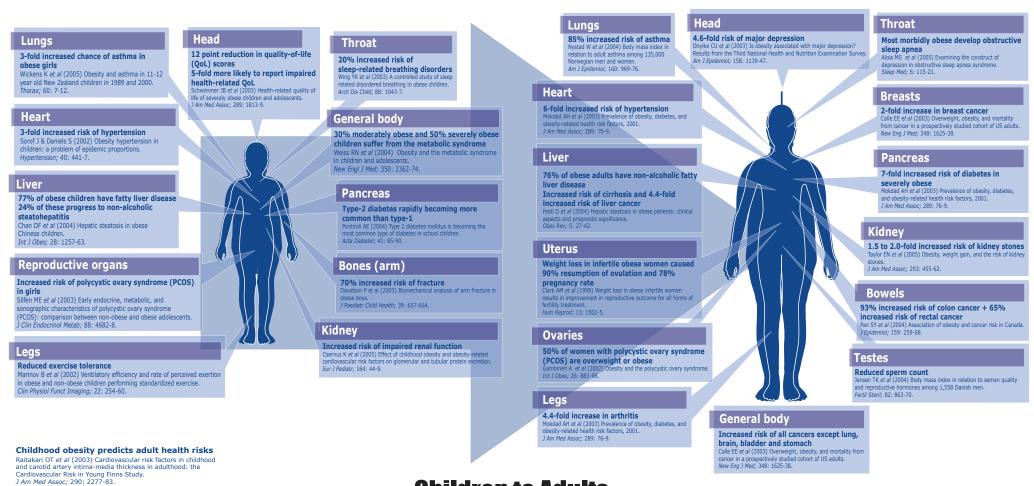
## **BODY FAT RANGES FOR CHILDREN**



## **HEALTH RISKS OF EXCESS FAT IN CHILDREN**

**Adults** 





Children to Adults
obesity = excess fat → disease



Freedman DS *et al* (2005) The relational relationsity: the Bogalusa Heart Study. *Pediatrics*; 115: 22-7.

Prof AM Prentice, PhD London School of Hygiene & Tropical Medicine Dr SA Jebb, RD, PhD MRC Human Nutrition Research, Cambridge



Obese children more likely to become obese adults

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