

A weekly resource
for your well-being

PARTNERS
FOR HEALTH

WORKING
FOR A
HEALTHIER TN

A TIP FOR TENNESSEANS

February 14, 2017

A pound of prevention for your BMI

True or false? Weighing too much is almost as dangerous as using tobacco.

It's true.¹ Having a high body mass index (BMI) can be a big deal. BMI measures body fat. And while having some body fat is good, too much can lead to serious illness or shorten your lifespan.² Keeping your BMI in a healthy range can help you prevent heart and breathing problems, stroke, diabetes and certain cancers.³ [Calculate your BMI](#) and try these [two things](#) to control it.

What do your numbers mean?

BMI uses your height and weight to measure your body fat. A high BMI can raise your risk for many [weight-related health issues](#).

Waist size matters too. Stay in a healthy zone to help avoid diabetes, heart disease, stroke and some cancers.

- **Underweight:** < 18.5
- **Normal weight:** 18.5 - 24.9
- **Overweight:** 25 - 29.9
- **Obesity:** ≥ 30

MEN:

Acceptable: 40 inches



Get screened

A simple health screening can help you keep tabs on your important health numbers.

Remember to sign up and complete your screening by July 15, 2017. You can also download a [Physician Screening Form](#) and have your doctor fill it out at your next annual physical exam.



QUICK LINKS

[Well-Being Account Sign In](#)

[2017 Partnership Promise](#)

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24/7 NURSE

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High: > 40 inches

ADVICE LINE:

WOMEN:

Acceptable: ≤ 35 inches

High: > 35 inches

1.888.741.3390

References:

¹ "Obesity Consequences." Harvard School of Public Health, Web. 16 January 2017. | ² "Watch Your Weight." Healthfinder.gov, 04 January 2017. Web. 16 January 2017. | ³ "What are the health risks of overweight and obesity?" National Heart, Lung and Blood Institute, 13 July 2012. Web. 16 January 2017. | "Adult BMI Calculator." Centers for Disease Control and Prevention, Web. 16 January 2017.



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