

How Healthy is Your Weight?



**nutrition
assessment
clinic**

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The number on the scale provides little or no information about body muscle weight or health risk associated with too much body fat. By itself, weight is just a number. In order to evaluate the true health risks associated with weight, a comprehensive assessment is required. This approach is based on several measurements of weight and body composition including body mass index (BMI), waist circumference, and Bioelectrical Impedance Analysis (BIA).

Body Mass Index (BMI)

BMI is a measure of your weight in relation to your height. It is calculated by dividing weight (kg) by height in metres squared (m²).
 $BMI = kg/m^2$.

BMI *below* 18.5 are associated with an increased risk of health problems such as undernutrition, osteoporosis and infertility.

BMI *above* 25 are associated with an increased risk of weight-related diseases such as diabetes, heart disease and high blood pressure.

About 30 % of people will not fit into the BMI guide. Results should be interpreted with caution. For example, highly muscular people may have a higher BMI because muscle weighs more than fat. This does not mean they are overweight or are at risk for health problems. BMI is also not useful for children, older adults and some cultural groups.

Waist circumference (WC)

Waist circumference (WC) is a good indicator of the amount of visceral fat that is stored around the organs of the abdomen. Fat that is stored around the middle ('apple' body shape) is associated with greater health risks than fat that is stored around the hip and thigh area ('pear' body shape).

A WC at or above 102 cm (40 inches) for men, and 88 cm (35 inches) for women is a risk factor for diabetes, heart disease, high blood pressure and other weight-related health problems.

The targets for WC for adult persons of Asian, Middle Eastern and Hispanic origins are lower.

Your Results:

Height:

Weight:

BMI:

WC:

Bioelectrical Impedance Analysis (BIA)

Bioelectrical Impedance Analysis (BIA) measures the impedance (resistance) of a very small electrical signal as it passes through body tissues. Impedance is greatest in fat tissue because it is very low in water. In lean tissue which is high in water, the signal is able to pass through much more easily. Using these impedance measurements along with height, weight, gender and age, a good estimate of your body composition, hydration status, and other health indicators can be calculated. There are several measurements that are reported in your BIA results:

Phase Angle

Phase angle is a measurement of cellular health and therefore correlates to your body's overall health and nutrition status. Phase angle increases as your health improves and you begin to eat in a healthier way and become more active. A phase angle of 7 or greater for men and 6 or greater for women is desirable.

Phase angles are typically high (>8) in very fit, young adults. Phase angles less than 5 are associated with poor nutrition, poor physical fitness, old age and disease.

Active Tissue Mass

Active tissue mass is the number of pounds of body weight that make up the active cells of your muscles and organs. When active tissue mass increases, this usually means you are gaining muscle mass.

When active tissue mass decreases, you are likely losing muscle mass.

In general, less than 40 lbs of active tissue mass is considered undesirable for women and less than 60 pounds is considered undesirable for men. Active tissue mass is also reported as a percentage of your total body weight and will be higher when well hydrated.

Basal Metabolic Rate (BMR)

Basal metabolic rate (BMR) is the amount of energy your body requires every day to support all the basic processes of life such as breathing, circulation, and regulation of body temperature and cell activity. Your body expends 50 to 65% of total daily energy on basal metabolism. Many factors affect your BMR including lean body mass, body size, gender, age, heredity, physical conditions and climate. We add activity energy on to this to find your energy needs.

HY-DEX

The HY-DEX score gives an estimation of your hydration related to each measure taken over a series BIA tests. Better hydration will give a more accurate measure of muscle weight and body fat.



Your Results:

Phase Angle:

Active Tissue Mass:

Active Tissue Mass
Percent (%):

BMR:

HY-DEX: