



HEALTH INDEX SCORE

HEALTH ENHANCEMENT RESPONSE

Learning how to live healthy

BODY WEIGHT

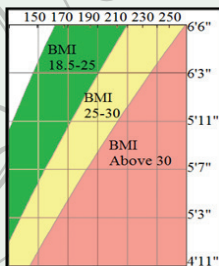
Being overweight or having too much body fat can cause health problems like heart disease and diabetes. Diseases caused by overweight take time to develop and may not show signs for years. Once health problems from overweight become obvious, treating the diseases is difficult and expensive. Diseases from overweight can be prevented by maintaining a healthy body weight. To find out if you have a healthy body weight, use the chart below to compare your weight to your height and get your Body Mass Index or BMI.

My BMI is :

HEALTHY : Below 25

HEALTH RISK: 25-30

UNHEALTHY: Above 30



- HEALTHY** – Way to go! Look on the back side of this card to see how to maintain a healthy BMI.
- HEALTH RISK** – With a higher BMI, you are at risk for health complications, such as heart disease and diabetes. Look on the back of this card to see how you can control this condition or reduce your BMI to the healthy range.
- UNHEALTHY** – This condition can make diseases worse and lead to new problems. Look on the back of this card to see what you can do to lower your BMI.

CRCH

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What to do for ...

HEALTHY BMI: Exercise regularly, eat a healthy diet, consume little alcohol, and manage stress.

HEALTH RISK BMI: Complete 150 minutes of moderate or 75 minutes of vigorous exercise weekly, eat less fat and sugar, reduce alcohol intake, see your doctor or community health worker for advice on how to change your lifestyle.

UNHEALTHY BMI: Design and begin an exercise and diet plan by talking a nutritionist or trainer, talk to your doctor or community health worker before making major changes in your lifestyle.

Get more information ABOUT BODY WEIGHT AND HOW TO MAINTAIN A HEALTHY BMI BY...

- Showing this card to your doctor or other health care professional.
- Contacting the WVSOM Center for Rural and Community Health online at www.CRCH.wvsom.edu, by calling 800-566-1258, or by e-mail CRCH@osteو.wvsom.edu
- Talking with a Community Health Education Resource Person (CHERP) in your community. To find a CHERP near you, contact the WVSOM Center for Rural and Community Health as directed above.

Tracking _____

Identification _____

