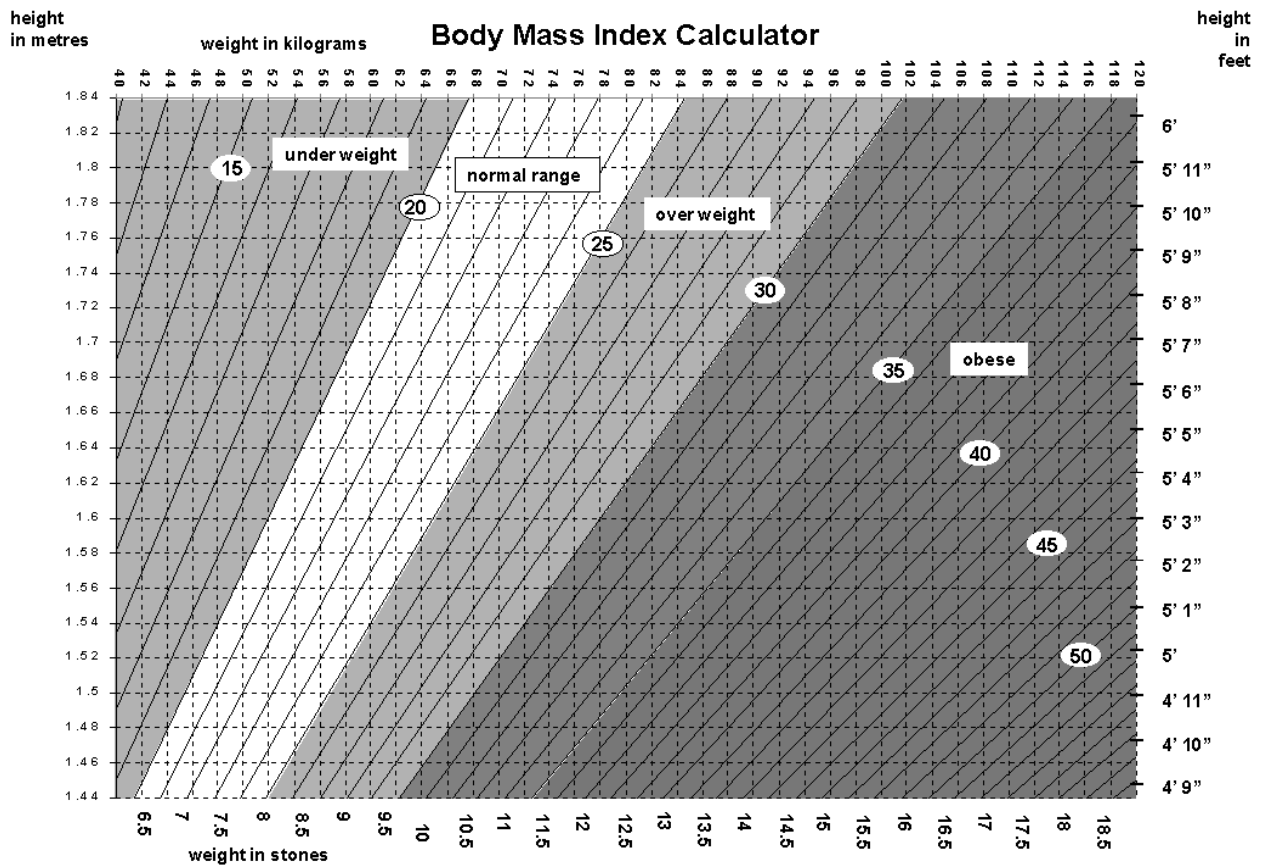


Calculating the Body Mass Index

The Body Mass Index (BMI) is a useful measure of the normal range of body weight for a given height. The normal range for BMI is usually considered to be 20 - 25 kg/m². BMI is calculated by the equation:

$$\frac{\text{weight in kilograms}}{(\text{height in metres})^2}$$

In the diagram below the BMI can be determined by entering height and weight measurements and reading to the nearest diagonal line.



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