

EXPERIMENT-3

Aim: To record basal mass index.

Requirements: Length measurement tape or height measurement chart and weighing balance.

Principle: Basal or Body Mass Index (BMI) is an internationally accepted measure of weight status of an individual. It is based on the differences in weights according to heights. BMI is calculated by dividing a person's weight in kilograms (kg) by the square of their height in metres (m) ie body weight (kg)/height (m). World Health Organisation (WHO) has classified category as underweight: normal, overweight or obese based upon BMI values. Measurement of BMI is used as one of the diagnostic tests for overweight and obesity.

Procedure:

1. Select healthy human subject.
2. Ask the subject to stand in upright position with heels against the wall and without Wearing shoes / chappals / any footwear.
- 3 Measure the height in metres (1 feet = 0.3048 m; 1 inch = 0.0254 m).
- 4 Measure the weight in kg of the subject.
5. Calculate BMI using the following formula:

$$\text{BMI} = \text{Weight (Kg)} / \text{Height (m)}^2$$

Sl No	BMI	Category
1	<18.5	Underweight
2	18.5-24.9	Healthy normal acceptable weight
3	25.0-29.9	Grade 1 overweight
4	30.0-39.9	Grade 2 overweight
5	≥40	Grade 3 overweight

Observation:

Sl. No	Weight (kg)	Height (m)	BMI	Interpretation
-	-	-	-	-
-	-	-	-	-

Result: The BMI value is.....