

How do I know if my weight is in the 'healthy' range?

The NHS uses a method of working out 'ideal' or healthy body weight using height and weight. This is known as **body mass index (BMI)**.

When living with HIV, it is very important to maintain a 'healthy' weight. This chart can help you work out if your weight is 'healthy'.

- 1 Find your height (in feet and inches on the left or metres on the right) and draw a horizontal line across the chart.
- 2 Find your weight (in kilograms across the top or stones across the bottom) and draw a vertical line across the chart.
- 3 The shaded area where the two lines meet is your BMI.

Examples:

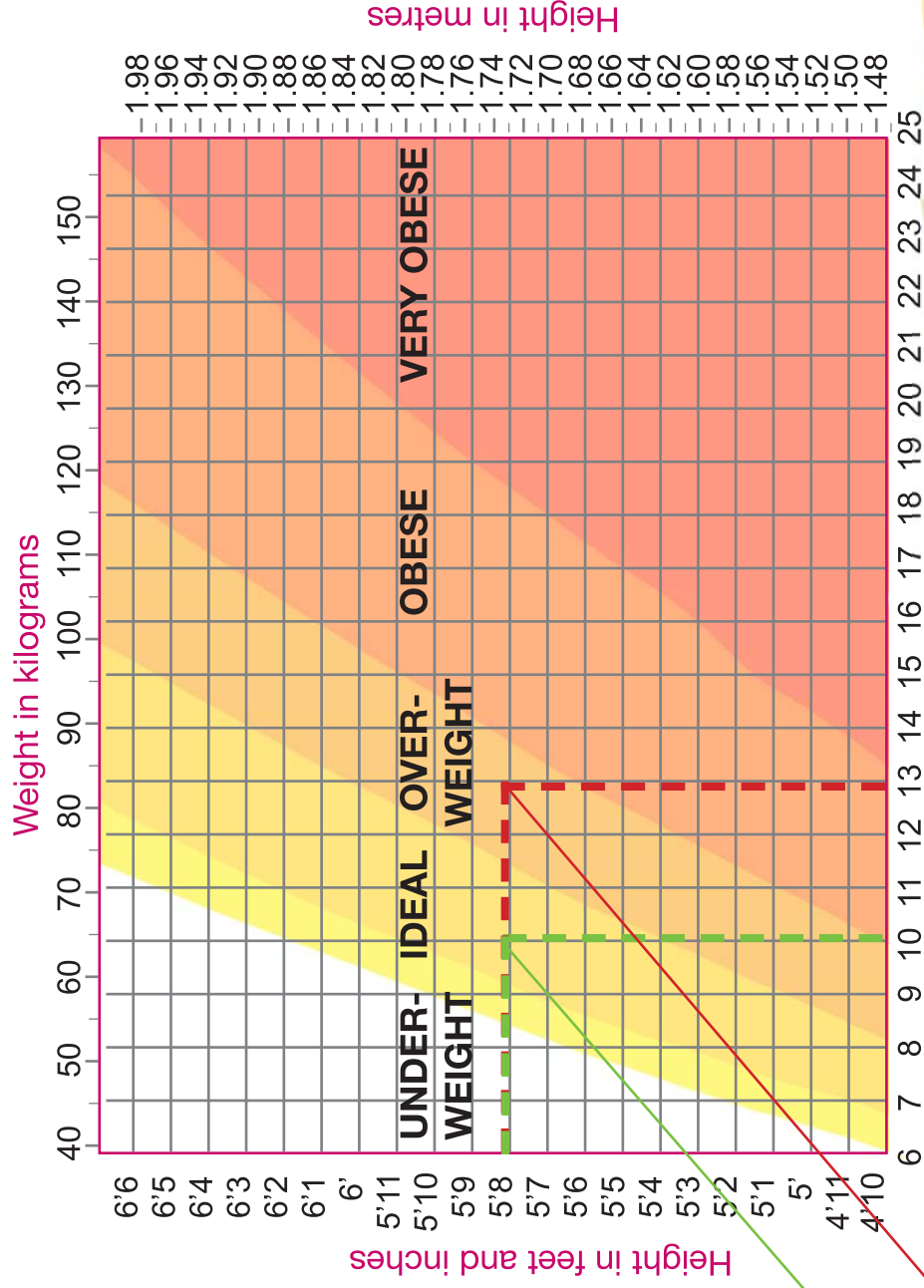
5'8" tall and 10 stone in weight.

This person is in the 'healthy' range.

5'8" tall and 13 stone in weight.

This person is in the 'overweight' range.

Body Mass Index (BMI)



*Reproduction of NHS BMI tool

For more information on calculating your weight, visit: www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx

Weight in stones

Weight in kilograms

Height in feet and inches

Height in metres

! BMI measurement is not a suitable tool for everybody. Results for very muscular people, athletes, pregnant women and the elderly may not be accurate.