

POLICIES AND PROCEDURES MANUAL

KEYSTONE COMMUNITY RESOURCES, INC.

KEYSTONE INDEPENDENT LIVING, INC.



Policy Title:
Body Mass Index

Chapter:

Effective Date:

Revision Date:

Policy Number:

Robert Fleese, President - CEO

SCOPE:

- Chapter 6400 – Community Homes For Individuals With Mental Retardation
- Chapter 6500 – Family Living Homes
- Supported Living Program

INTRODUCTION:

1. Each individual's normal weight range should be estimated using a Body Mass Index.
2. The normal weight range and current weight should be reviewed with individual's Primary Care Physician (PCP) at least annually. If the weight exceeds a normal range, a specific diet should be discussed with the physician.
3. To determine a person's BMI:
 - Convert the height to inches by multiplying the number of feet by 12.
 - Add the inches to that total
 - Find the total on the left column of the BMI chart
 - Move across the row from the height to the current weight
 - Locate the number at the top of that square. This is the BMI.

DISCUSSION:

The Body Mass Index is a tool for estimating obesity. An individual's BMI score is determined by dividing the weight in kilograms by the height in meters squared. Obesity in adult males is a BMI greater than 27.8. For females, obesity is represented by a BMI greater than 27.3 being underweight is defined as a BMI of less than 20.7 for males, or 19.1 for females.

An example: A person is 5 feet 4 inches. Converting to inches, multiply 5 x 12, this equals 60. Add 4. The person's height in inches is 64. If the person weighs 134 pounds, their BMI is 23, and their normal weight is in the normal range.