



Body Mass Index

To your health!

You are the boss of your own body. And that's a good thing, but of course it also brings a certain responsibility with it. Everything that you eat and drink has an influence on the mechanism. The saying 'you are what you eat' is as true as ever today.

To be effective, a boss needs to be a good listener – in this case, to your body – and needs to have access to the right information to take decisions. But the media often sends mixed messages when it comes to food and its influence on the body. Our health charter 'tastes good, good for you' not only guides us in offering a healthy and balanced diet, but also serves to inform our consumers on this subject.

Sodexo informs you through posters about the composition of the meals, and about nutrition, Body Mass Index (BMI) and exercise tips. We also provide a Vitality corner on-site at your company cafeteria: an info stand manned by a dietician who can answer any food related questions. The brochure 'BMI' is part of a series of handy booklets, each covering a nutrition-related topic. Written in plain language, with figures that speak for themselves, and packed with handy tips and advice that you can put into practice immediately.

Body Mass Index (BMI) is a useful tool for calculating whether your weight is appropriate for your height. Being over or underweight can have a negative influence on your health. So it's a good idea to know where you stand.



Michel Croisé
C.E.O. Sodexo



A. WHAT DOES BMI MEAN?

BMI or Body Mass Index is also sometimes referred to as the Quetelet Index (QI), and is the ratio of weight to height, and indicates to what extent somebody is underweight or overweight. However, no information is acquired for this about one's physical build and the degree to which fat is present in the body. Yet the BMI remains an important standard measurement, by taking height into account it is indeed more reliable than weight.

B. CALCULATING BMI, FOR WHOM?

The formula for calculating BMI applies to adults from the age of 19. BMI is less useful for children (BMI graphs), older people, pregnant women and people with a great deal of muscle bulk.

C. CALCULATING BMI, HOW?

1. ADULTS

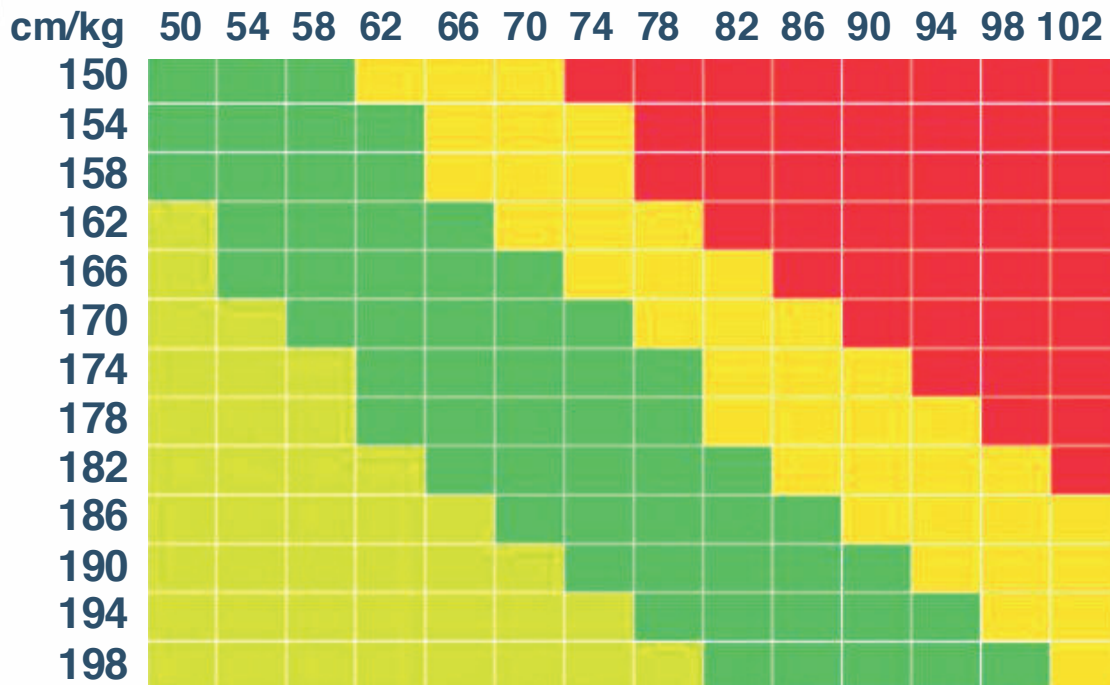
- a. Measure your weight and height
- b. Divide your weight by the square of your body height.
This figure is your BMI.

Results:

- < 18.5 = underweight
- Between 18.5 and 24.9 = healthy weight
- Between 25 and 29.9 = overweight
- ≥ 30 = seriously overweight

Example:

- a. I weigh 55 kg and am 1m 64cm tall
- b. $\frac{55 \text{ kg}}{1,64^2} = 20.4 \rightarrow$ healthy weight



< 20 You are too light. Try to gain weight by eating more regularly. Don't skip meals. Take a snack, to get that extra energy.

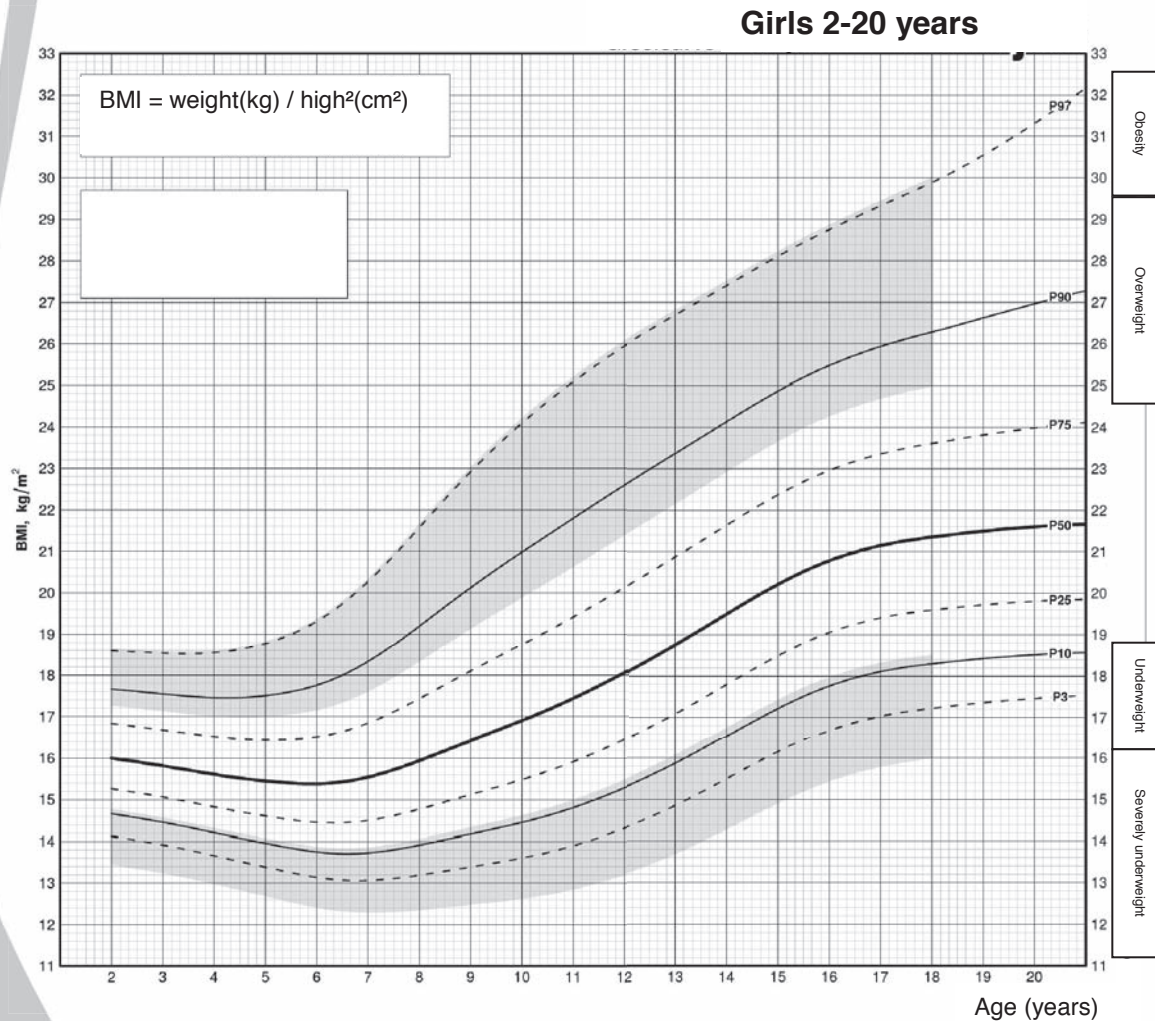
> 25 You are a little too heavy. Don't gain any more weight, improve your eating habits and move more. With a little loss of weight, you will soon acquire your ideal weight.

20-25 Congratulations. You have a healthy weight! Important is to keep your weight level by eating regularly and moving enough.

> 30 You are too heavy. This implicates a risk for your health. You can diminish this risk by losing weight. With a weight loss of 10-15% you are already on the right track

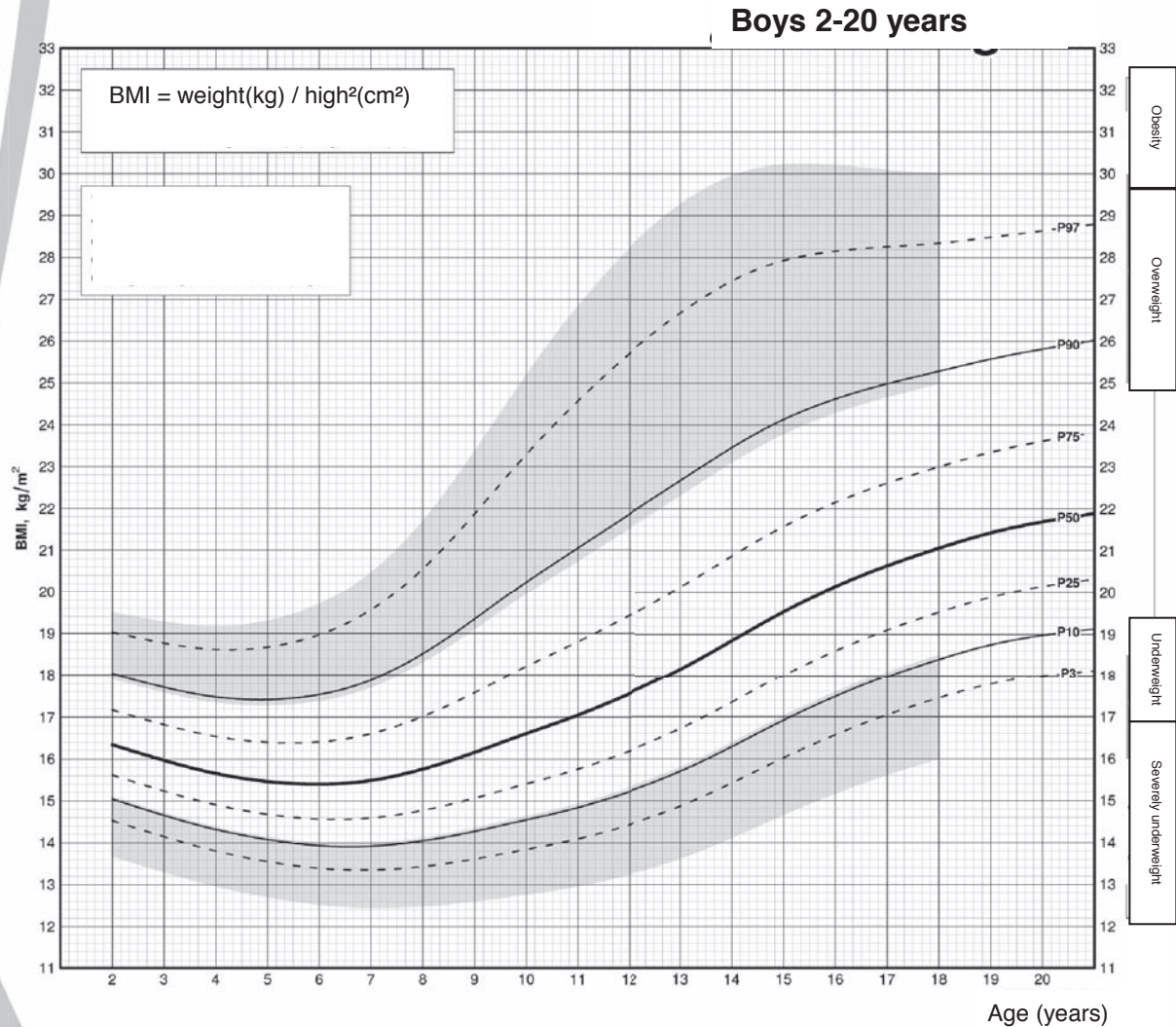
2. GIRLS

The average BMI is on the 50th percentile line (P50). Percentile lines are the lines that can be found on the graph set out below and can be interpreted as follows: if you are on P50, this means that 50% of children of your age have the same BMI. The further away you are from the P50, the worse the result. However, do not forget to continue to follow the percentile lines over the years.



3. BOYS

The average BMI is on the 50th percentile line (P50). The further away you are from the P50, the worse the result. However, do not forget to continue to follow the percentile lines over the years.



D. OTHER ANTHROPOMETRIC MEASUREMENTS

An extra kilogram does not always necessarily mean it's a problem, what is more important is how these kilograms are distributed over the body. The following measurements can illustrate this.

1. WAIST MEASUREMENT:

Your waist measurement displays how much fat mass you have around your waist. An excessive accumulation of fat in the abdominal region means that body fat is going to accumulate around vital organs, which can have a detrimental impact on their function.

Moreover, too large a waist measurement incurs an enhanced risk of diabetes, hyperlipidaemia and an excessive cholesterol level.

To correctly measure your waist measurement, you hold the tape measure around your waist level with your navel without compressing the skin. After you have breathed out as normal, you can read off the measurement.

Standards for women:

- between 80 and 88 cm = enhanced risk
- > 88 cm = greatly enhanced risk

Standards for men:

- between 94 and 102 cm = enhanced risk
- > 102 cm = greatly enhanced risk

2. WAIST-HIP RATIO:

To determine a healthy weight, doctors and dietitians also use the Waist-Hip Ratio (WHR). To do this, the waist measurement (circumference) is divided by the hip measurement (circumference). For women this WHR must be less than 0.85, and for men it must be less than 1.

E. APPLE OR PEAR?

There are two forms of fat distribution: the apple shape and the pear shape. These shapes indicate where the fat mainly accumulates and are also an indication of certain risk factors.

1. APPLE TYPE

People that accumulate fat around the belly belong to the apple type. Other names are android type or male fat distribution. Given that where this is the case you are going to accumulate a lot of fat around your organs (liver, heart, pancreas, ...) there is a greater probability that you will develop diabetes and cardiovascular diseases.

2. PEAR TYPE

People that accumulate fat around the hips belong to the pear type. Other names are gynaecoid type or female fat distribution. If you are of the pear type you run fewer health risks.



Sodexo
Rue Charles Lemairestraat 1
Bruxelles 1160 Brussel
02-679 12 11
nutrition@sodexo-be.com
www.sodexo.com

