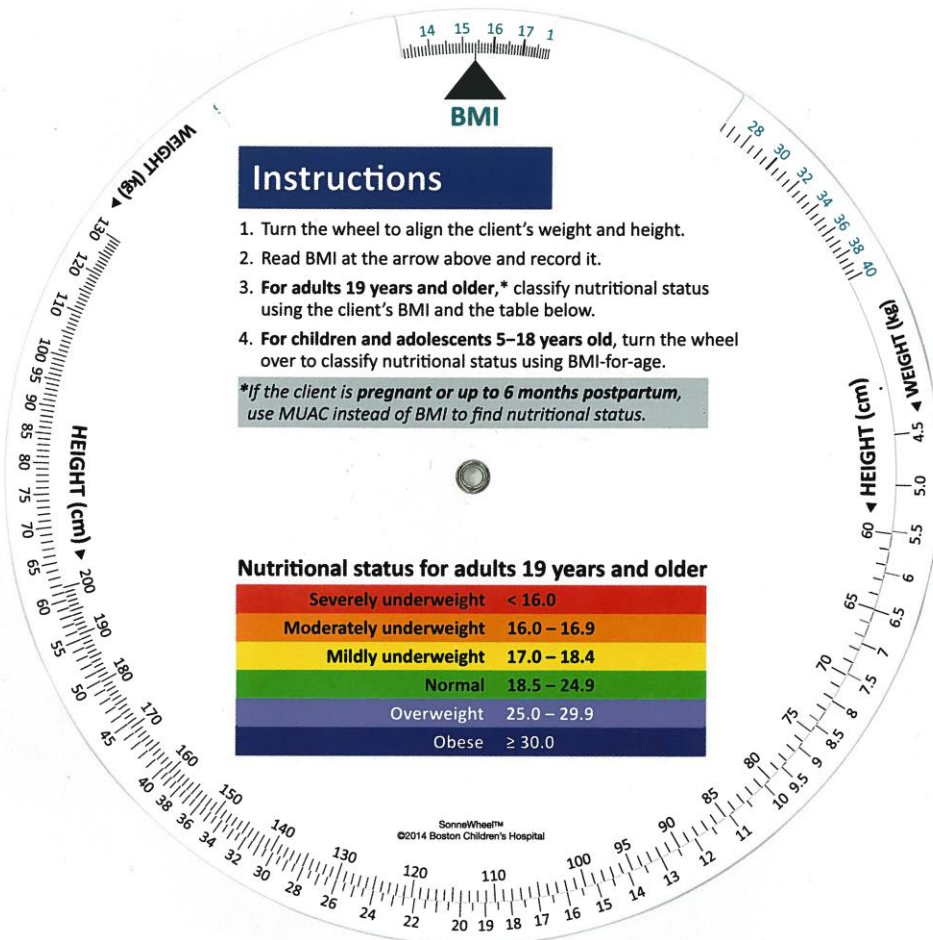


How to Find BMI for Adults Using a BMI Wheel

BMI for adults is found on the front side of the wheel, under “Instructions.” The inner/smaller disc shows height. The outer/larger disc shows weight.



To find BMI:

1. Turn the top disc until the person's height is aligned with the person's weight.
2. On the outer disc, read the number that the arrow labeled “BMI” points to.
3. Look at the box at the bottom of the wheel labeled “Nutritional status for adults 19 years and older.” Find the range that contains the person's BMI and classify the person's nutritional status.