Assessment of Nutritional Status for Adults, Using Weight and Height

Good nutrition improves the quality of life and health of PLWHA. This is why it is important to monitor nutritional status.

STEPS

1. Measure weight:

- Make sure the scale pointer is at zero before taking a measurement.
- The person is required to dress in light clothes and take off shoes. Women should remove scarf.
- He/she must stand straight and unassisted on the centre of the balance platform.
- The weight should be recorded to the nearest 0.1kg.

2. Measure height:

- The person is required to remove his/her shoes, stand erect, looking straight in a horizontal plane with feet together and knees straight. The heels, buttocks, shoulder blades and the back of the head should touch against the wall.
- Height should be recorded to the nearest 0.5cm.

3. Calculate Body Mass Index (BMI):

- Convert cm to meters (1 metre = 100 cm)
- Calculate BMI using this formula: $\text{BMI} = \frac{\text{Weight in kilograms}}{(\text{Height in m})^2}$

You can also calculate BMI using the chart on the back of this page. For example if a patient weighs 60 kilos draw a vertical line upwards from point 60 on X axis. If patient's height is 158cm, draw a horizontal line across from point 158 on Y axis. BMI is the point at which the two lines meet. In this case the BMI is 24.

Take action when there is:

- Unintended weight loss of 6 to 7 Kg within a month (even without calculating BMI).
- Continued unintended weight loss for more than 2 months • BMI below 18.5 • BMI 30 and above

Do not use BMI for pregnant women

Monitor nutritional status at least once every month.

NB:

For actions to take in case of weight loss (underweight) or obesity, refer to the information on weight management in FAQ booklet.

Body Mass Index (BMI) reference table

Y axis
Height

BMI references:

<18.5 = Underweight

18.5-24.9 = Normal weight

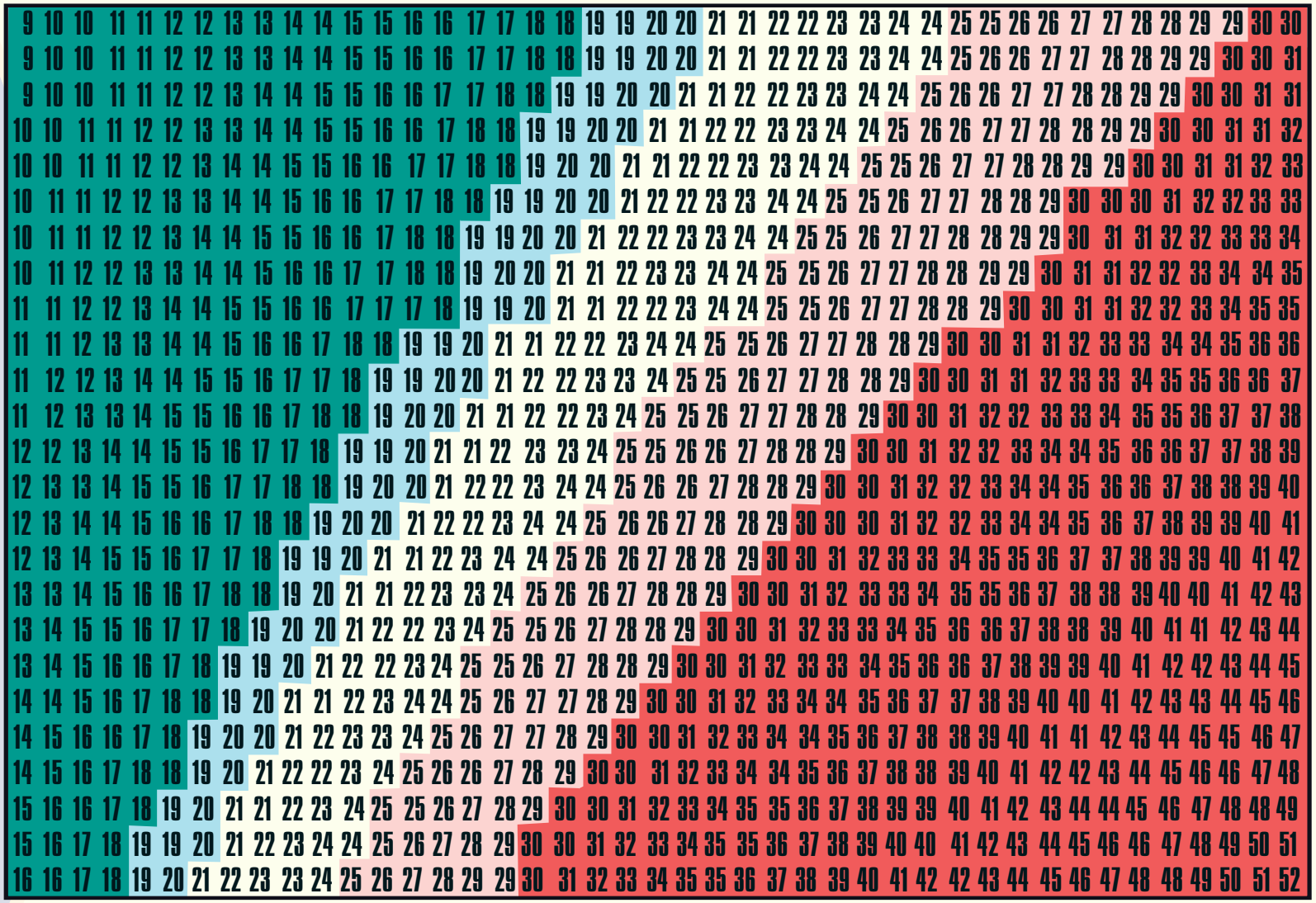
25-29.9 = Overweight

30 and above=Obese

(Source: WHO, 1995)

If the meeting point falls in the:

- Dark green area indicates underweight
- Light green area is normal but tending towards underweight
- White area indicates the patient has adequate weight for the height
- Light red area indicates overweight
- Dark red area indicates obesity



Weight kg

36 38 40 42 44 46 48 50 52 54 56 58 60 62 64 66 68 70 72 74 76 78 80 82 84 86 88 90 92 94 96 98 100 102 104 106 108 110 112 114 116 118 120

x axis

Body Mass Index (BMI) = $\frac{\text{Weight (Kg)}}{\text{Height (m)}^2}$

(Adapted from Semper Stockholm)

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