Diploma in Pharmacy 1st Year
Human Anatomy & Physiology Practical

To measure BMI of an individual.

Aim:

To measure BMI of an individual.

Reference :

Dr. Gupta G.D , Dr. Sharma Shailesh , Dr. Sharma Rahul Kumar ,"Practical Manual of Human Anatomy and Physiology" Published by Nirali Prakashan , Pg.No 122 - 124

Apparatus Required:

Length measurement tape or height measurement chart and weighing balance.

Principle

Body Mass Index (BMI) is an internationally recognised measure of an individual's weight status. It is based on weight difference between people of different heights Body mass index (BMI) is calculated by dividing a person's weight in kilogrammes by the square of his/her height in metres (m), ie, body weight (kg)/height (m). On the basis of the standard BMI values the individual can be categorised as underweight, normal, overweight, or obese. One of the diagnostic tests for overweight and obesity is BMI measurement.

Procedure

1) Healthy human subjects should be selected.
2) The subject should be instructed to stand in upright position with heels against the wall and without wearing shoes/sleeper/ any footwear.
3) The height should be measured in metre (1fect=0.3048m, 1Inch=0.0254m).
4) Two weights of the subject should be measured in kg.

5) The BMI should be calculated by using the following formula:

$$BMI = \frac{\text{Weight (kg)}}{\text{Height (m)}}$$

BMI	Category
1) <18.5	Underweight
2) 18.5-24.9	Healthy normal acceptable weight
3) 25.0-29.9	Grade I overweight
4) 30.0-39.9	Grade II overweight
5) 40.0	Grade III overweight

Observation Table

S.N.	Weight (kg)	Height (m)	BMI	Interpretation

Result: The BMI of an individual was measured.