

POLICY & PROCEDURE



TITLE: BMI (Body Mass Index)				
Scope/Purpose: To create a standard process for calculating BMI and to use as a screening tool to identify possible weight problems and health risks.				
Division/Department: All HealthPOiNT Clinics			Policy/Procedure #:	
Original Date:			Replacement for:	
Date Reviewed:	Date Revised:	Implementation:	CPIC Approved:	Board Approved:
	9/13/13	12/05/13	12/05/13	
Responsible Party: Director Clinical Quality				

DEFINITIONS:

BMI (Body Mass Index) is a measure of body fat calculated from a person's weight and height. It is an indicator of body fatness and used to screen for weight categories that may lead to health problems.

POLICY:

All HealthPOiNT employees will input height and weight on all patients presenting for a clinic visit in order to calculate BMI.

PROCEDURE:

A. Guidelines

1. For adults 20 years and older, BMI is interpreted using the standard weight status categories below, for all ages of both men and women.

The standard weight status categories associated with BMI ranges for adults are as follows:

- BMI below 18.5 = Underweight
- BMI 18.5 – 24.9 = Normal
- BMI 25.0 – 29.9 = Overweight
- BMI 30.0 and above = Obese

2. For children and teens, the interpretation of BMI is both age and sex specific. BMI for children and teens are graphed on a BMI-for-age growth chart for either boys or girls to obtain a percentile ranking.

The percentiles for age specific are as follows:

- Less than 5th percentile = Underweight
- 5th percentile to less than 85th percentile = Healthy Weight
- 85th to less than 95th percentile = Overweight
- equal to or greater than the 95th percentile = Obese.

B. Procedural Guidelines

1. Adult BMI

- a. Obtain the patient's height and weight according to facility policy.

- b. Enter the height and weight into the electronic medical record under vital signs page and the computer will calculate the BMI.
2. Children and Teen BMI
- a. Obtain the patient's height and weight according to facility policy.
 - b. Enter the height and weight into the electronic medical record under vital signs page and the computer will calculate the BMI.
 - c. The computer will graph the BMI on the age growth charts for boys or girls in the electronic medical record.

RELATED POLICY:

Height/Weight Procedure

REFERENCES:

CDC – Centers for Disease Control and Prevention, 2011
NIH – National Heart, Lung, and Blood Institute

REQUIRED BY:

ATTACHMENTS/ENCLOSURES:

POLICY/PROCEDURE TRACKING FORM (to be added as last page of each P&P for documentation of changes)

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Date of Revision		Description of Changes		
12/05/2013		Updated to new format		