

Body mass index

Subject

Instructions for calculating and recording Body Mass Index (BMI) in the context of the Canadian immigration medical examination (IME).

Goal/Objective

The BMI is a simple index calculated from a person's weight and height. The BMI provides a reliable indicator of underweight, overweight and obesity for most adults and is used to screen for weight categories that may lead to health problems. These instructions identify a **new** component or question on the IME form (IMM 5419 Physical Examination).

Instructions

The calculation and reporting of the BMI is required for all clients 18 years of age and over. The BMI is calculated using the following formula: weight (kg) / [height (m) x height (m)].

The BMI number may be an indicator of potential health risk(s) associated with increased weight:

Classification	BMI(kg/m ²)	
	Principal cut-off points	Additional cut-off points
Underweight	<18.50	<18.50
Severe thinness	<16.00	<16.00
Moderate thinness	16.00 - 16.99	16.00 - 16.99
Mild thinness	17.00 - 18.49	17.00 - 18.49
Normal range	18.50 - 24.99	18.50 - 22.99
		23.00 - 24.99
Overweight	≥25.00	≥25.00
Pre-obese	25.00 - 29.99	25.00 - 27.49
		27.50 - 29.99
Obese	≥30.00	≥30.00
Obese class I	30.00 - 34.99	30.00 - 32.49
		32.50 - 34.99
Obese class II	35.00 - 39.99	35.00 - 37.49
		37.50 - 39.99
Obese class III	≥40.00	≥40.00

Source: Adapted from WHO 1995, WHO 2000 and WHO 2004.

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Panel physicians must ensure that the client's height and weight are measured at the time of the IME and recorded, but **will not be required to manually calculate the BMI**. For eMedical processing, the system will automatically calculate and populate the BMI on the IME form. For paper processed IMEs, the BMI will be calculated at the regional medical office during the data entry process.

References

Health Canada: http://www.hc-sc.gc.ca/fn-an/nutrition/weights-poids/guide-ld-adult/bmi_chart_java-graph_imc_java-eng.php.

World Health Organization: http://apps.who.int/bmi/index.jsp?introPage=intro_3.html.

HB Approval and Authority

Director General, NHQ, Health Branch, CIC

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2012/11/01

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