

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: $BMI = \frac{\text{Weight in kilograms}}{(\text{Height in m})^2}$

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

200	9	10	10	11	11	12	12	13	13	14	14	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30								
198	9	10	10	11	11	12	12	13	13	14	14	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30	31	31						
196	9	10	10	11	11	12	12	13	14	14	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	26	26	27	27	28	28	29	29	30	30	31	31								
194	10	10	11	11	12	12	13	13	14	14	15	15	16	16	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32							
192	10	10	11	11	12	12	13	14	14	15	15	16	16	17	17	18	18	19	20	20	21	21	22	22	23	23	24	24	25	25	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33						
190	10	11	11	12	12	13	13	14	14	15	16	16	17	17	18	18	19	19	20	20	21	22	22	23	23	24	24	25	25	26	27	27	28	28	29	30	30	31	31	32	32	33	33	34	34						
188	10	11	11	12	12	13	14	14	15	15	16	16	17	18	18	19	19	20	20	21	22	22	23	23	24	24	25	25	26	27	27	28	28	29	29	30	31	31	32	32	33	33	34	34	35	35					
186	10	11	12	12	13	13	14	14	15	16	16	17	17	18	18	19	20	20	21	21	22	23	23	24	24	25	25	26	27	27	28	28	29	29	30	31	31	32	32	33	34	34	35	35	36	36					
184	11	11	12	12	13	14	14	15	15	16	16	17	17	18	18	19	19	20	21	21	22	22	23	24	24	25	25	26	27	27	28	28	29	30	30	31	31	32	32	33	34	34	35	35	36	36					
182	11	11	12	13	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	22	23	24	24	25	25	26	27	27	28	28	29	30	30	31	31	32	33	33	34	34	35	35	36	36	37	37					
180	11	12	12	13	14	14	15	15	16	17	17	18	19	19	20	20	21	22	22	23	23	24	25	25	26	27	27	28	28	29	30	30	31	31	32	33	33	34	35	35	36	36	37	37	38	38					
178	11	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	22	23	24	25	25	26	27	27	28	28	29	30	30	31	32	32	33	33	34	35	35	36	37	37	38	38	39	39					
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158	14	15	16	17	18	18	19	20	21	22	22	23	24	25	26	26	27	28	29	30	30	31	32	33	34	34	35	36	37	38	38	39	40	41	42	42	43	44	44	45	45	46	46	47	47	48	48	49	49		
156	15	16	16	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35	36	37	38	39	39	40	41	42	42	43	44	44	45	45	46	46	47	47	48	48	49	49	50	50	
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Weight kg

x axis

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



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(Adapted from Semper Stockholm)