

GO RED FOR WOMEN[®]

Heart health guide

Atherosclerotic Cardiovascular Disease (ASCVD) Risk Factors

- High Blood Cholesterol
- Diabetes
- Obesity or Overweight
- High Blood Pressure

Healthy Lifestyle Choices/Behaviors

- Be Active
- Manage your weight
- Healthy Eating
- Stop Smoking
- Know Your Numbers but Manage Your Risk

Make a change at
GoRedForWomen.org



Go Red For Women is nationally sponsored by



Julia, 45
Heart Attack

Jennifer, 40
Heart Attack

Veronica, 52
Heart Attack



KNOW YOUR CHOLESTEROL

Most people have heard that high cholesterol is not good for you, but did you know it can increase your risk for heart disease, heart attack or stroke? In fact, about 47 percent of American adults have cholesterol levels that are too high.

Having too much cholesterol in your blood increases your risk for heart disease and stroke. This happens because cholesterol and other fats can build up, narrow arteries and then be blocked by a blood clot or other particle. This causes the heart or brain to lose its blood supply, resulting in a heart attack or stroke.

You should have your cholesterol levels checked regularly (at least once every five years starting at age 20) because with the help of your healthcare professional, high cholesterol can be controlled.

A healthy lifestyle is the key basis for reducing your risk for atherosclerotic cardiovascular disease (ASCVD) risk.

Know your numbers, but treat your risk. Ideal numbers for the general adult population are:

- Total cholesterol less than or equal to 180 mg/dL
- Body mass index (BMI) of less than or equal to 25kg/m²
- Blood Pressure of less than 120/80 mm/Hg
- Fasting blood sugar of less than or equal to 100mg/dL

More Tips

- Know your numbers. Talk to your doctor to understand your risk for ASCVD.
- Eat foods low in saturated and trans fats.
- Follow the American Heart Association's guidelines for physical activity each week.

To improve overall cardiovascular health, we suggest at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise (or a combination of moderate and vigorous activity). Thirty minutes a day, five times a week is an easy goal to remember. You will also experience benefits even if you divide your time into two or three segments of 10 to 15 minutes per day.

For people who would benefit from lowering their blood pressure or cholesterol, we recommend 40 minutes of aerobic exercise of moderate to vigorous intensity three to four times a week to lower the risk for heart attack and stroke.

PREVENTING AND MANAGING DIABETES

Diabetes is a major risk factor for stroke and heart disease. Compared to women without diabetes, women with diabetes have two to four times higher death rates from heart disease. Many people with diabetes also have high blood pressure and high blood cholesterol. This increases their risk even more.

Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ near the stomach, makes a hormone called insulin to help glucose get into our bodies' cells. People with diabetes have a fasting blood glucose of 126 mg/dL or more. Prediabetes is a condition in which blood glucose levels are higher than normal (a fasting blood glucose level between 100 and 125 mg/dL) but not yet diabetic. A family history of diabetes can significantly increase the risk of developing diabetes. Untreated diabetes can lead to many serious medical problems like blindness, kidney disease, nerve disease, limb amputations and heart disease. If you have diabetes, it's very important to have regular checkups and work closely with your healthcare provider to manage your diabetes and reduce any other risk factors.

Groups at Risk

Scientific research funded by the American Heart Association has shown that people in several ethnic groups seem to be more likely to develop type 2 diabetes:

- Hispanics
- African-Americans
- Native Americans
- Asians (especially South Asians)

Tips for preventing and managing diabetes

- You have the power to control your weight and blood cholesterol with a low-saturated fat, low-cholesterol diet.
- You need to get a baseline of your fasting glucose by the time you're 45, and may be required to test it more often if you are pregnant, overweight, diabetic or at risk for becoming diabetic.
- Don't smoke and avoid secondhand smoke. People who have type 2 diabetes and smoke are three times more likely to die of cardiovascular disease than nonsmokers.



Rhonda, 42
Diabetes/
Hypertension

Learn more about
cholesterol and heart disease at
GoRedForWomen.org

©2014, American Heart Association. Also known as the Heart Fund. TM Go Red trademark of AHA, Red Dress trademark of DHHS. 2014-218-1213

SIGNS OF A HEART ATTACK OR STROKE

Cardiovascular diseases kill more women than men. But 80 percent of cardiac events in women could be prevented if women made the right choices for their hearts involving diet, exercise and abstinence from smoking.

Heart Attack

A heart attack occurs when the blood flow to a part of the heart is blocked, usually by a blood clot. If this clot cuts off the blood flow completely, the part of the heart muscle supplied by that artery begins to die.

Signs of a Heart Attack

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
5. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

If you have any of these signs, don't wait! Call for help!. Call 9-1-1. Get to a hospital right away.

Stroke

Stroke is the No. 3 cause of death in America. It's also a major cause of severe, long-term disability. Stroke and transient ischemic attack (TIA) happen when a blood vessel feeding the brain gets clogged or bursts. The signs of a TIA are like a stroke, but usually last only a few minutes. If you have any of these signs, don't wait more than five minutes before calling for help. Call 9-1-1 to get help fast if you have any of these, but remember that not all of these warning signs occur in every stroke.

Signs of Stroke and TIAs

1. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
2. Sudden confusion, trouble speaking or understanding
3. Sudden trouble seeing in one or both eyes
4. Sudden trouble walking, dizziness, loss of balance or coordination
5. Sudden severe headache with no known cause

Also, check the time so you'll know when the first symptoms appeared. It's very important to take immediate action. Research funded by the American Heart Association has shown that if given within three hours of the start of symptoms, a clot-busting drug can reduce long-term disability for the most common type of stroke.



Jennifer, 40
Heart Attack

HIGH BLOOD PRESSURE

Many people mistakenly believe that high blood pressure is more common among men. The truth is nearly half of all adults with high blood pressure are women. Having high blood pressure increases your risk of heart disease.

High blood pressure usually has no symptoms, but it raises the risk of stroke, heart attack, heart failure and kidney failure. It truly is a “silent killer.” No one knows exactly what causes most cases of high blood pressure. It usually can’t be cured, but it can be managed. Not treating high blood pressure is dangerous. Make it your mission to fight heart disease by treating and controlling high blood pressure.

Groups at Risk

Science funded by the American Heart Association has shown that some people are at higher risk of having high blood pressure. They include:

- People with close blood relatives who have high blood pressure.
- African-Americans
- People over age 35
- Overweight people
- People who aren’t physically active
- People who use too much salt
- People who drink too much alcohol
- People with diabetes, gout or kidney disease
- Pregnant women
- Women who take birth control pills and who are overweight, had high blood pressure during pregnancy, have a family history of high blood pressure or have mild kidney disease

BLOOD PRESSURE CATEGORY	SYSTOLIC MM HG (UPPER #)		DIASTOLIC MM HG (LOWER #)
Normal	less than 120	and	less than 80
Prehypertension	120–139	or	80–89
High Blood Pressure (Hypertension) Stage 1	140-159	or	90-99
High Blood Pressure (Hypertension) Stage 2	160 and higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

Tips For Healthy Blood Pressure

- Eating right is key to preventing and managing high blood pressure, so watch the salt. Follow the American Heart Association’s recommendation to keep your sodium intake to 1,500 mg or less each day.
- Avoid stress by finding ways to control your thoughts such as yoga, walking or meditation.
- If you drink, limit alcohol. Keep in mind that for women, moderate drinking is no more than one drink per day.

Amanda, 26
Congenital Heart Defect

Veronica, 52
Heart Attack



Learn more about
cholesterol and heart disease at
GoRedForWomen.org

©2014, American Heart Association. Also known as the Heart Fund. TM Go Red trademark of AHA, Red Dress trademark of DHHS. 2014-218-1213

BE ACTIVE

Finding time in our overscheduled lives for physical activity is a challenge for all busy Americans. But anyone who has successfully managed to do so will tell you how much more energy they have, and how they are actually able to do more than before they started getting regular exercise. So no more excuses! Make It Your Mission to fight heart disease by being active.

Why be physically active?

The facts are clear: By getting at least 150 minutes of moderate physical activity each week you can reduce your risk of heart disease. Without regular physical activity, the body slowly loses its strength and ability to function well.

Being active is as important as reducing calories in helping you lose weight! And it's good for your heart, lungs, bones, muscles and mind. Regular physical activity helps lower your risk of heart attack, stroke, high blood pressure and other health problems. Ask your doctor or health professional for a physical activity plan that's right for you.

Tips to help you be active

- Schedule time in your day for physical activity. Make a date to walk during your lunch time at work, or go for a walk with your friends or family in the evening.
- Substitute physical activity where possible. Choose a parking spot that allows you to get a few extra minutes of walking, or take the stairs instead of the elevator. Every little bit helps!
- Pick active outings. Instead of going to the movies, visit a zoo or museum where you can walk around while being entertained.

BODY MASS INDEX

About 145 million American adults are overweight. Of these, more than 74 million are considered obese. Women who are overweight or obese are more likely to develop heart disease and stroke, even if they are young or have no family history of heart disease.

Obesity is unhealthy because excess weight puts more strain on your heart. It can raise blood pressure and blood cholesterol and can lead to diabetes. Losing weight is one of the best ways to reduce your risk of heart problems and other diseases.

What's the big deal about BMI?

BMI is a good indicator of whether you're at a healthy or unhealthy weight. To calculate your BMI, the American Heart Association recommends that you multiply your weight in pounds by 703, divide by your height in inches, then divide again by your height in inches. Once you have your BMI, use the descriptions below to determine which weight category applies to you.

- | | |
|---|---|
| • BMI less than 18.5 kg/m ² = underweight | • BMI 25 to 29.9 kg/m ² = overweight |
| • BMI 18.5 to 24.9 kg/m ² = healthy weight | • BMI 30 kg/m ² or higher = obese |

Tips for losing weight

- Set goals, think ahead to potential roadblocks and decide how to deal with problems.
- Avoid fad diets, starving yourself or trying to lose weight too fast.
- Start by changing your eating habits, and make sure the number of calories you consume is less than the number of calories you burn.
- Meet the minimum level of physical activity; get at least 150 minutes of moderate physical activity per week.

HEALTHY EATING

A healthy diet and lifestyle are some of your best weapons to fight cardiovascular disease. However, there are a lot of mixed messages and myths out there regarding healthy eating. With all the differing opinions, it's best to get informed from credible sources, so you can make smart choices about your diet. It's the overall pattern of your choices that counts most—think nutrition.

Nutrient-rich foods have vitamins, minerals, fiber and other nutrients. The American Heart Association recommends that you eat a wide variety of nutritious foods daily.

American Heart Association's components of a healthy diet

1. Vegetables and fruits are high in vitamins, minerals and fiber—and they're low in calories.
Eating a variety of fruits and vegetables may help you control your weight and blood pressure.
2. Unrefined whole-grain foods contain fiber. As part of an overall healthy diet, dietary fiber helps reduce blood cholesterol levels and may help you feel full, which may help you manage your weight.
3. Eat fish at least twice a week. Recent research shows that eating oily fish containing omega-3 fatty acids (salmon, trout and herring) may help lower your risk of death from coronary artery disease.
4. Cut back on foods containing partially hydrogenated vegetable oils to reduce *trans* fats in your diet.
Aim to reduce saturated fat to no more than five-to-six percent of total calories. Choose lean meats and poultry without skin and prepare them without added saturated and *trans* fat. Visit Heart.org to learn more about poultry and nuts recommendations. Choose and prepare foods with little or no salt.
Aim to each less than 1,500 milligrams of sodium per day.
5. Keep your intake of sugar to no more than half of your daily discretionary calories allowance.
For most American women, that's no more than 100 calories per day, or about 6 teaspoons of sugar.
6. Keep saturated fat to less than 7 percent of energy; use red meat sparingly and choose lean or extra-lean cuts.

Tips for a healthy diet

- Eat slowly, take smaller portions and avoid “seconds.”
- Cook foods in ways that do not add saturated or *trans* fat, like baking, boiling, broiling, grilling, roasting or stewing.
- When you really crave a high-calorie food, eat a small amount and forget about it, instead of resisting until you give in and gorge.
Find a healthy alternative to satisfy your craving. If you're craving something sweet, try slicing into fresh fruits and yogurt.

Get heart-healthy recipes at GoRedForWomen.org and check out the Getting Healthy page on Heart.org.

Learn more about cholesterol and heart disease at GoRedForWomen.org

©2014, American Heart Association. Also known as the Heart Fund. TM Go Red trademark of AHA, Red Dress trademark of DHHS. 2014-218-1213



Mariam, 36
Congenital Heart
Defect

Debra, 54
Sudden Cardiac
Arrest

Lisa, 38
Stroke

STOP SMOKING

Smoking is the most preventable major risk factor of heart and blood vessel diseases. The long list of diseases and deaths due to smoking is frightening. Thousands of nonsmokers, including infants and children, are harmed by exposure to cigarette smoke. Even if you don't smoke, you could become one of the nearly 443,000 smoking-related deaths every year.

Quitting

It's never too late to quit! No matter how much or how long you've smoked or when you quit smoking, your risk of heart disease and stroke starts to drop. In time your risk will be about the same as if you'd never smoked.

Tips for quitting

- **Be prepared.** Women are more likely to quit smoking for good if they prepare for two things:
1) the last cigarette and 2) the cravings, urges and feelings that come with quitting.
- **Medication can help.** Specific medicines can help people quit smoking when used correctly. Talk to your healthcare provider about the options that may work best for you.
- **Get support.** It can help to recruit a support team. Additional support can be found by looking for programs through hospitals, the American Cancer Society, the American Heart Association or the American Lung Association.

During the quitting process, people often slip and have a cigarette. It's important not to feel like you failed at quitting; just give it another chance. If you are a parent, talk to your kids about smoking. Once they start, it can be difficult to stop, even during adolescence.

Amanda, 26
Congenital Heart
Defect

Mariam, 36
Congenital Heart
Defect



Learn more about cholesterol
and heart disease at
GoRedForWomen.org

THE EFFECTS OF EXCESSIVE SODIUM ON YOUR Health & Appearance

9 out of 10 Americans consume too much sodium.



WHERE DOES IT COME FROM?



65%

supermarkets,
convenience stores



25%

restaurants



10%

other sources

3,400 milligrams
the amount of sodium the average
American consumes in a day

1,500 milligrams
or less
recommended by the
AHA for ideal heart health

HIGH BLOOD PRESSURE



is a leading risk factor for death in WOMEN in the United States, contributing to nearly 200,000 female deaths each year.

{ That's nearly five times the 42,000 annual deaths from breast cancer. }

77.9 million American ADULTS have high blood pressure.

KIDS who have a high-sodium diet are twice as likely to develop high blood pressure as kids who have low-sodium diets

Your HEALTH

Excess levels of sodium/salt may put you at RISK for:

STROKE

HEART FAILURE

OSTEOPOROSIS

STOMACH CANCER

KIDNEY DISEASE

KIDNEY STONES

ENLARGED HEART

MUSCLE

HEADACHES

Your APPEARANCE

Excess levels of sodium/salt may cause:

INCREASED WATER RETENTION, LEADING TO:

- Puffiness
- Bloating
- Weight gain



WOMENFACE HIGHER RISK OF STROKE



NEW GUIDELINE OFFERS WAYS TO LOWER YOUR RISK

WOMEN HAVE MORE STROKES THAN MEN, AND STROKE KILLS MORE WOMEN THAN MEN.

Talk to your healthcare provider about how to lower your risk, using the below information from the new American Heart Association/American Stroke Association prevention guidelines.



1 in 5 WOMEN has a **STROKE** at some point in her life

Stroke **RISK GOES UP** due to...



PREGNANCY

About 3 out of 10,000 pregnant women have a stroke during pregnancy compared to 2 out of 10,000 young women who are not pregnant.

+



PREECLAMPSIA

This is a term for high blood pressure that develops during pregnancy, and it doubles the risk of stroke later in life.



BIRTH CONTROL PILLS

May double the risk of stroke, especially in women with high blood pressure.



HORMONE REPLACEMENT THERAPY

Once thought to lower stroke risk, this in fact increases the risk.



MIGRAINES WITH AURA + SMOKING

Strokes are more common in women with migraines with aura who also smoke.



ATRIAL FIBRILLATION

Quadruples stroke risk and is more common in women than men after age 75.

LOWER YOUR RISK for stroke by...

Pregnant women with very high blood pressure should be treated with safe blood pressure medications.

Talk to your healthcare provider about whether you should follow the guideline recommendation of low-dose aspirin starting in the second trimester (week 12) to lower preeclampsia risk.

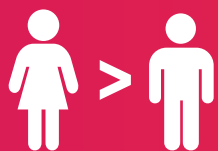
Women should be screened for high blood pressure before taking birth control pills. Women should not smoke, and they should also be aware that smoking and the use of oral contraceptives increases the risk of stroke.

Hormone replacement therapy should not be used to prevent stroke in postmenopausal women.

Smokers who have migraines with aura should quit to avoid higher stroke risk.

All women over age 75 should be screened for atrial fibrillation.

STROKE BY THE NUMBERS



About **55,000** more women than men have a stroke each year.

STROKE IS THE

#3

cause of
DEATH
in Women

#4

cause of
DEATH
in Men

Number of STROKE DEATHS IN ONE YEAR



Women

77,109



Men

52,367

(from 2010, the most recent year the statistics are available)



Do you know how to identify a stroke and when emergency help is needed?
Learn how to spot a stroke F.A.S.T. at StrokeAssociation.org/warningsigns

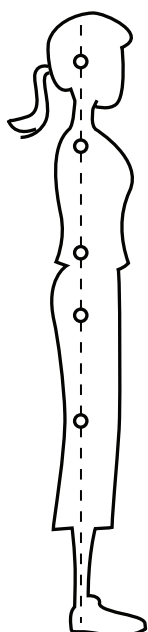
GO RED FOR WOMEN[®] EXERCISE WORKOUTS

Follow these instructions for Exercise Band workouts!

FOR BEST RESULTS:

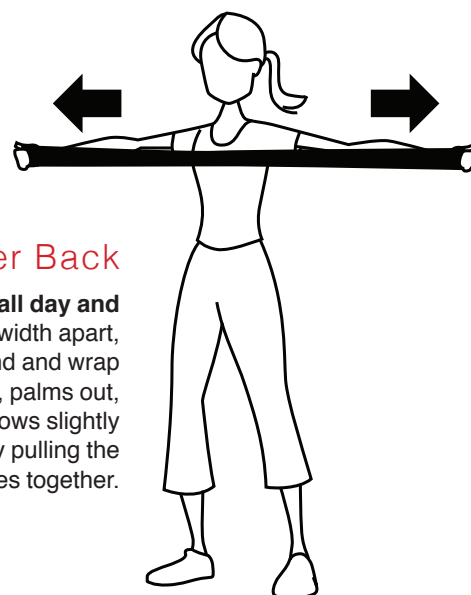
- Perform these exercises 2–3 times per week.
- Allow one day of rest between workout sessions.
- Begin with 1 set of 8–15 repetitions.
- Increase to 2–3 sets over the following 2–4 weeks.
- Rest 30–60 seconds between sets.

Every movement (repetition) should be done with a smooth, controlled tempo so the band is pulled apart slowly, followed by a pause, before slowly releasing the tension on the band and returning to the starting position. The slow, controlled movements keep tension on the muscles, thus producing strength and safety. The exercise should control the band and not allow it to yank or snap the limbs/torso back to the starting position.



The Ready Position

The ready posture is much like that of a military person standing at attention. The exerciser should stand with feet shoulder-width apart, chest lifted up, the head directly over the shoulders, shoulders over the hips, the hips aligned directly over the knees and the knees over the ankles. This ensures the proper stacking of the body and protects the head, neck, spine and lower back.



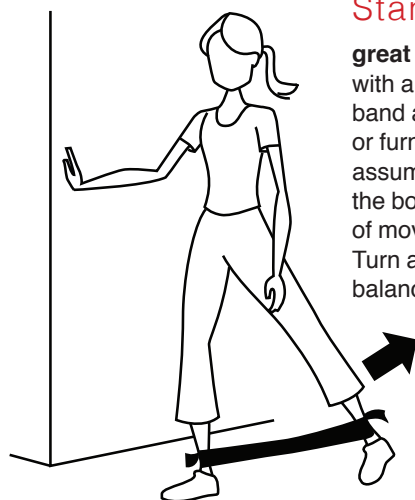
Upper Back

Great for countering sitting at a computer all day and important for posture. Stand with feet shoulder-width apart, assume the ready position, grasp the band at each end and wrap hands around several times to remove excess slack, palms out, arms extended in front of you at shoulder level, elbows slightly bent. Pull band by keeping arms parallel to the floor by pulling the shoulders back and squeeze the shoulder blades together.

Triceps Extension

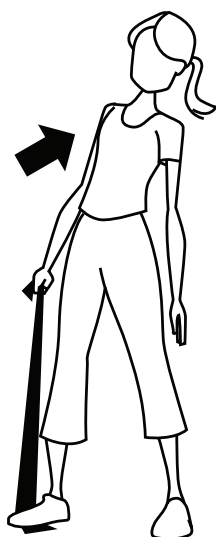
Works back side of the upper arm. Stand with feet shoulder-width apart, in the ready position. Raise right elbow up to eyebrow level. Wrap one end of band around right hand several times, palm up. Drop other end behind back, grab with left hand and wrap band around hand several times to remove excess slack, palm facing out. Maintain this level throughout the exercise. Extend the right elbow (but don't lock it out) and pull the band out. The right hand is traveling up and out. Repeat on other side.





Standing Hip Abduction

great for legs. Tie the ends of the band together with a half-bow or knot, forming a loop. Place band around both ankles. Stand next to the wall or furniture for balance, feet shoulder-width apart; assume ready position. Move the far leg away from the body, pulling the band apart. Keep foot and toes of moving limb straight forward; do not rotate or twist. Turn around (remember to use wall or furniture to balance) and repeat on other side.

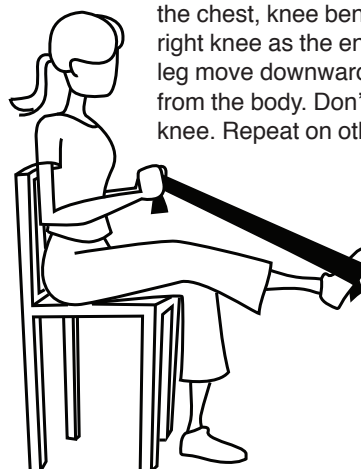


Internal Oblique

great for obliques. Place one end of the band under your right foot. With elbow straight, adjust the length of the band to remove all slack. With your right hand by the side of your body, bend your torso directly to the left without forward torso movement. Keep hips stationary. Repeat on other side.

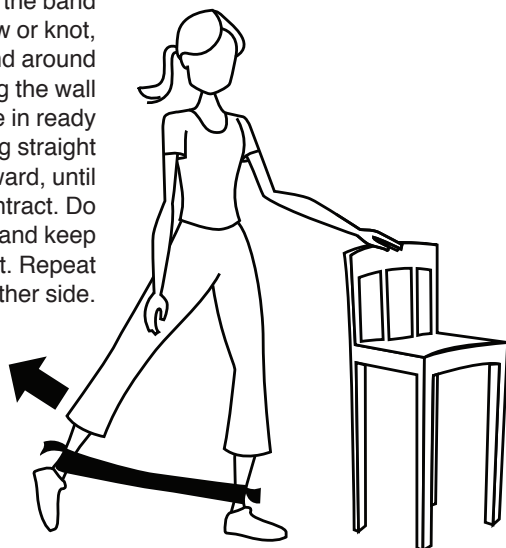
Seated Leg Extension

strengthen upper, front thighs. Sit in a chair all the way back. Wrap the ends of the band around your hands several times to remove excess slack and place the ball of the right foot on the middle of the band. Bring both hands together and pull back, drawing the thigh toward the chest, knee bent. Extend the right knee as the entire thigh and leg move downward and away from the body. Don't lock out the knee. Repeat on other side.



Standing Hip Extension

For the buttocks or gluteal muscles. Tie the ends of the band together with a half-bow or knot, forming a loop. Place band around both ankles. Stand facing the wall or furniture for balance in ready position. Move right leg straight back, toes pointing forward, until you feel the buttocks contract. Do not sway the lower back and keep the left knee slightly bent. Repeat on other side.



GoRedForWomen.org



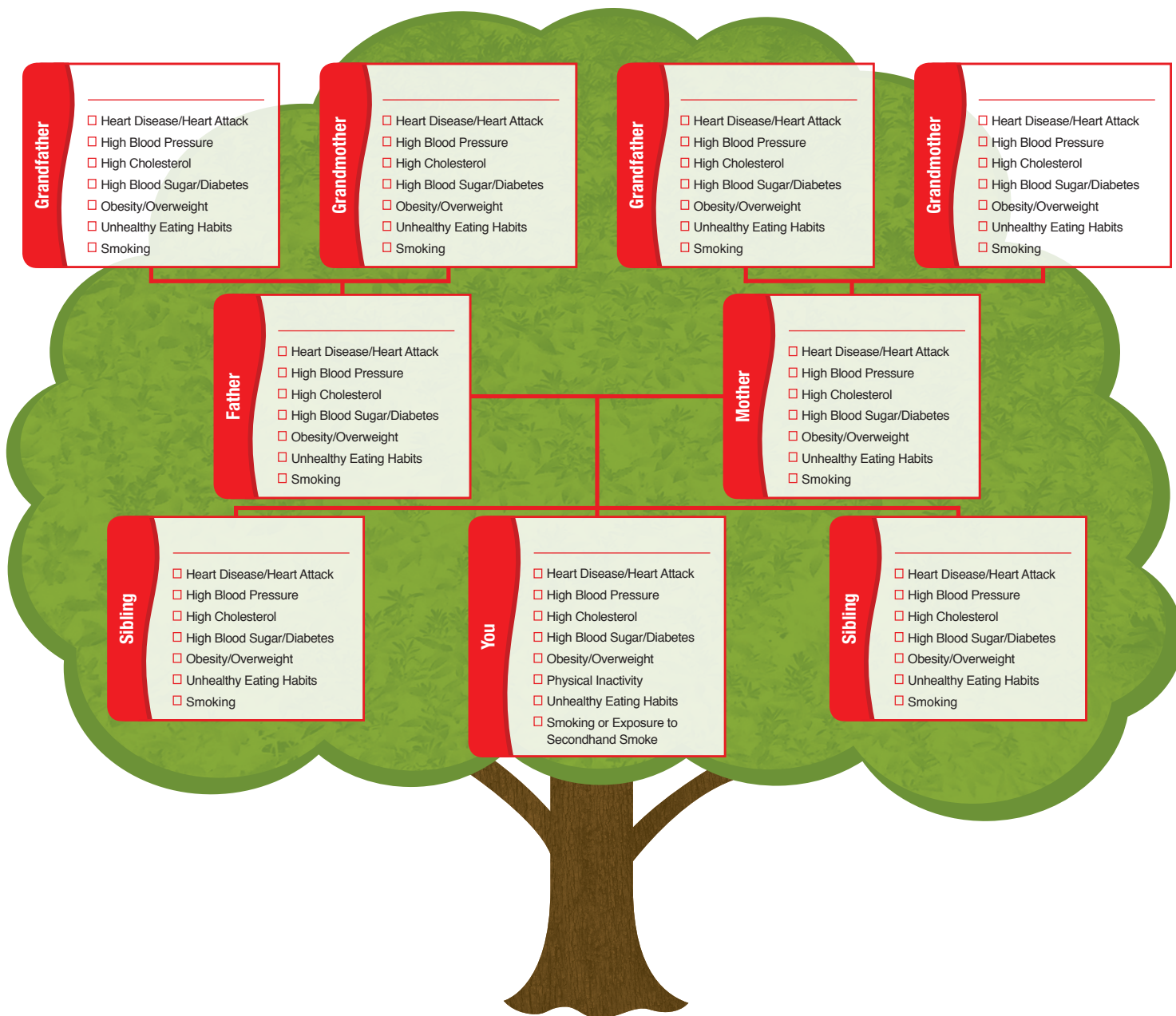
American Heart Association®
life is why™



Go Red For Women is nationally sponsored by



Heart Disease in the Family Tree Means It's Time to Turn Over a New Leaf.



The tendency to develop heart disease can run in the family, passed down through risk factors such as high blood pressure, high cholesterol, high blood sugar levels and obesity.

Now for the good news: Even with a family history of heart disease, you may prevent it through healthy eating habits and frequent physical activity. And you can pass along those habits to the next generation.

It's time to know about your family's health history. It's time to do more to reduce your own risk.

GET STARTED TODAY WITH THESE EASY STEPS:

1. Map out your blood relatives' health history using this document as a guide.
2. Talk with your healthcare provider about what this means to you and to your family.
3. Start practicing healthy eating habits and frequent physical activity with your family.

For more information, plus a free red dress pin, visit GoRedCorazon.org call 1-888-AHA-USA1 or 1-800-242-8721



Go Red For Women is nationally sponsored by



WOMEN GO RED

Know your numbers. Learn what they mean. Take action.

Next to each heart disease risk factor listed below is a goal number. The closer you are to this number, the lower your risk of developing heart disease. At today's event, a healthcare professional will help assess your risk factors.

Good means you're already at your goal level. Congratulations!

OK means you're just a few steps from your goal level. Go Red Por Tu Corazón has tips to keep you moving in the right direction.

Needs Improvement means your risk level is higher than it should be. But there's good news too: You can lower your risks with a healthier diet and more physical activity.

FACTOR	GOAL	YOUR NUMBER	YOUR SCORE
Total Cholesterol	Less than 200 mg/dL		<input type="checkbox"/> Good <input type="checkbox"/> OK <input type="checkbox"/> Needs Improvement
Blood Pressure	Less than 120/80 mm Hg		<input type="checkbox"/> Good <input type="checkbox"/> OK <input type="checkbox"/> Needs Improvement
Fasting Glucose*	Less than 100 mg/dL		<input type="checkbox"/> Good <input type="checkbox"/> OK <input type="checkbox"/> Needs Improvement
Body Mass Index (BMI)	Less than 25 kg/m ²		<input type="checkbox"/> Good <input type="checkbox"/> OK <input type="checkbox"/> Needs Improvement
Waist Circumference	Less than 35 inches for women		<input type="checkbox"/> Good <input type="checkbox"/> OK <input type="checkbox"/> Needs Improvement

Take these results to your healthcare provider or to a health clinic where you can discuss your risks, test your cholesterol and give you specific recommendations.



Cholesterol

Cholesterol is a soft, waxy substance found in the blood and the body's cells. High cholesterol may lead to atherosclerosis, or fatty deposits in the inner lining of arteries, which can cause a heart attack or stroke. Eating healthy foods and being physically active can help keep your cholesterol numbers in a healthy range.

Blood Pressure

High blood pressure (or hypertension) makes the heart work harder than normal. If you are 20 pounds or more overweight, have reached menopause or have someone in your family with high blood pressure, you are more likely to have high blood pressure.

Visit GoRedCorazon.org or call 1-888-474-VIVE for free heart-health information.
facebook.com/GoRedPorTuCorazon

For more information, contact your local American Heart Association office at (writable PDF local office phone number here).

*Diabetes**

Diabetes can increase your risk of heart disease and stroke by two to four times. If you have diabetes, you need to see your doctor regularly and reduce or eliminate any other risk factors. Maintain a healthy weight by balancing a healthy diet with regular physical activity.

Waist Circumference and Body Mass Index

If you have too much body fat, especially in your waist area, you're at higher risk for health problems. Body Mass Index (BMI) estimates your body fat by comparing your weight to your height.

nationally sponsored by

