Activity

Datasheet for In-Text Activity

Analyzing Data: Understanding Body Mass Index

 1. Malik is 15. He is 5 feet 8 inches tall and weighs 158 pounds. He wants to find out if he is at a healthy weight. To do this, he needs to find his BMI using the following equation: BMI = weight (lb) ÷ F7 height (in.) ÷ F7 height (in.) × 703

 Malik’s BMI calculations would be 158 ÷ F7 68 ÷ 68 × 703 = 24.0

 Malik has a BMI of 24.

 2. Malik now needs to find the healthy BMI range for 15-year-old boys.

 3. His BMI of 24 is higher than the healthy range for his age. If he has a lot of muscle mass, the BMI chart may not be right for him. If he does not have a lot of muscle mass, he should then change factors such as his activity level and his snacking habits. Doing so will help him grow in height without growing in weight.

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| Healthy BMI Range |
| Age | Boys | Girls |
| 12 | 14.9–21 | 14.8–21.6 |
| 13 | 15.4–21.8 | 15.3–22.5 |
| 14 | 15.9–22.6 | 15.8–23.3 |
| 15 | 16.5–23.4 | 16.2–24 |
| 16 | 17.1–24.2 | 16.7–24.6 |
| 17 | 17.6–25 | 17.3–25.2 |
| 18 | 17.8–25.6 | 17.5–25.7 |
| Source: National Center for Health Statistics and National Center for Chronic Disease Prevention and Health Promotion. |

Your Turn

 1. Calculate your BMI.

 2. Is your BMI in the healthy range?

 3. Why is the healthy BMI range different for each age group?

 4. Critical Thinking Let’s say your BMI is slightly above the healthy range for your age. Predict what will happen to your BMI over the next year if your weight remains the same, but you grow an inch taller.