Check your BMI result in context

Use BMI as a screen, then add one or two measures that fit your body.

- [ ] Calculate your BMI with the BMI calculator and note the band.
- [ ] Measure your waist and compare it with half your height.
- [ ] Check whether your build is muscular before reading a high BMI as excess fat.
- [ ] Look up the ethnicity-specific NHS cut-offs if they apply to you.
- [ ] Ask a doctor about body fat tests if the number and your health seem to differ.
- [ ] Track strength and daily movement, not only the scale.
- [ ] Raise unplanned weight change with a doctor.
- [ ] Use BMI-for-age percentiles for children, not adult bands.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/fitness/is-bmi-accurate/