愛護心臟 由健康生活做起 Adopt a heart-healthy lifestyle to protect your heart

保持健康體重
Keep a Healthy Weight

體重指標
Body Mass Index

成人的理想體重可根據體重指標(Body Mass Index, 簡稱BMI)來計算,體重指標的計算方法是:Body Mass Index (BMI) is used to assess whether an adult's weight is desirable. The calculation of BMI is as follows:

$$\frac{體重 (公斤) \text{ Weight (kg)}}{身高(米) \text{ Height (m) } X \text{ } 身高(米) \text{ Height (m)}}$$

理想體重範圍表(按亞洲成年人適用的體重指標計算):
Ideal Body Weight Range (calculated from BMI for Asian adults)

身高 (米) Height (m)	理想體重範圍 (公斤) Ideal Body Weight Range (kg)
1.45	38.8 – 48.1
1.5	41.6 – 51.5
1.55	44.4 – 55.0
1.6	47.4 – 58.6
1.65	50.4 – 62.3
1.7	53.5 – 66.2
1.75	56.7 – 70.1
1.8	59.9 – 74.2
1.85	63.3 – 78.4
1.9	66.8 – 82.7
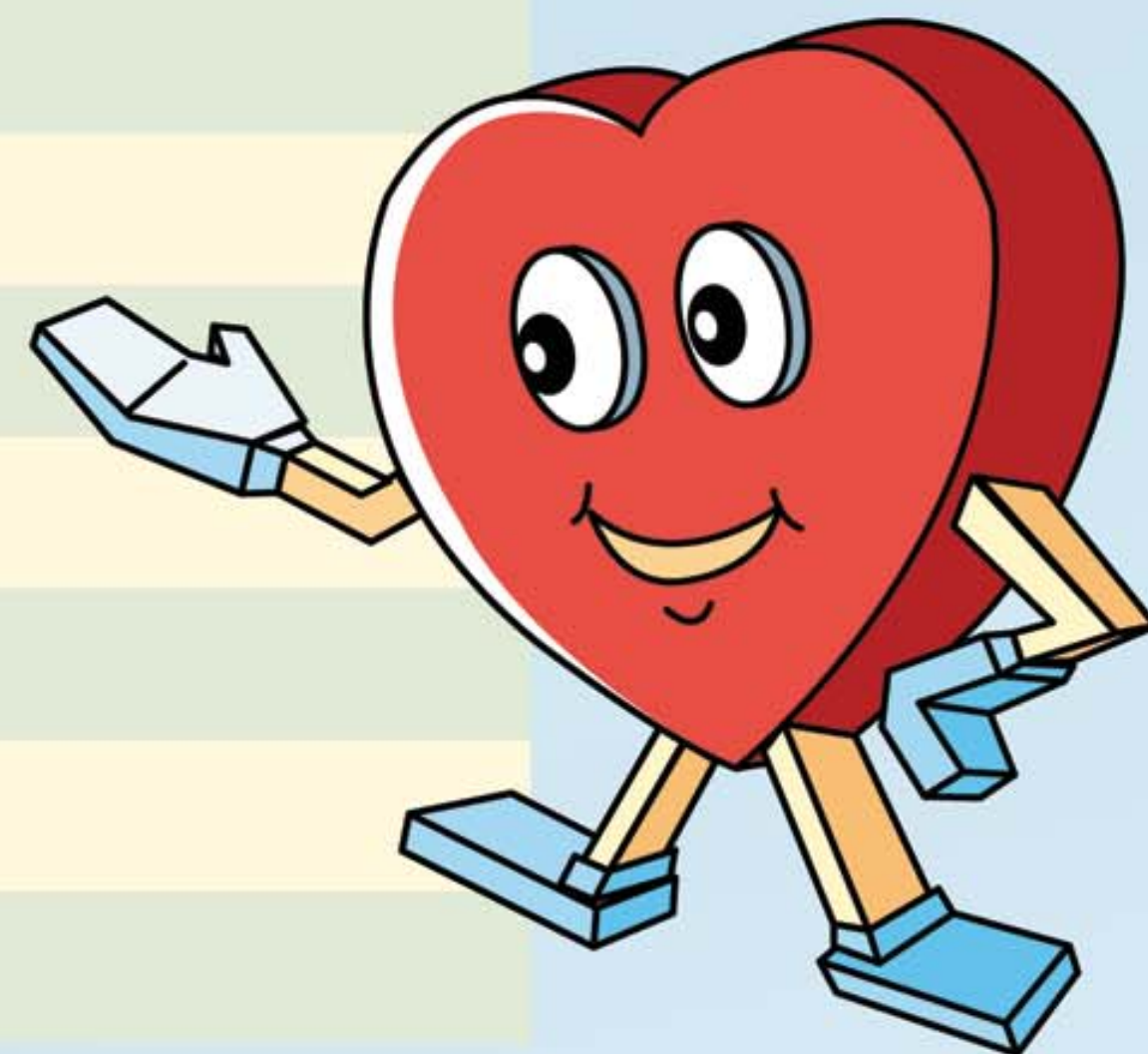
肥胖:體重指標 25 或以上　Obese: BMI 25 or above
超重:體重指標 23 – 24.9　Overweight: BMI 23 - 24.9
標準:體重指標 18.5 – 22.9　Normal: BMI 18.5 - 22.9
過輕:體重指標 18.5 以下　Underweight: BMI below 18.5

中央肥胖
Central Obesity

- 體重指標雖被廣泛用於衡量肥胖程度,但未能有效反映身體的脂肪分佈。中央肥胖(俗稱「大肚腩」),即腹部積聚過量脂肪,是引致多種慢性疾病的風險因素。While BMI is commonly used as a measure of obesity, it does not reflect the distribution of fat in the body. Central obesity, which means excess accumulation of abdominal fat, is also a risk factor for many chronic diseases.

- 對於一般亞洲成年人而言,如果你的腰圍尺寸相等於或超出以下水平,你將被界定為中央肥胖,並有患上新陳代謝和心血管疾病的相關風險。For Asian adults, if a waist circumference is equivalent to or over the following limits, it is considered as central obesity, which is associated with metabolic and cardiovascular risk.

性別 Sex	腰圍(厘米) Waist Circumference (cm)	腰圍(吋) Waist Circumference (inch)
男 Male	90	約 / ~36
女 Female	80	約 / ~32

保持健康體重秘訣
Keep a Healthy Weight

1. 均衡飲食 Balanced Diet
2. 恆常體能活動 Regular Physical Activity

資料來源:世界衛生組織西太平洋區域辦事處
Source of information: World Health Organization Western Pacific Region Office
註:以上指數為世界衛生組織西太平洋區區域辦事處頒佈給亞洲成年人的參考,不適用於18歲以下的兒童或懷孕期的婦女。
Note: The above BMI classification is promulgated by the World Health Organization (Western Pacific Region Office) for reference by Asian adults and is not applicable to children under the age of 18 or pregnant women.

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