

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

體重指數

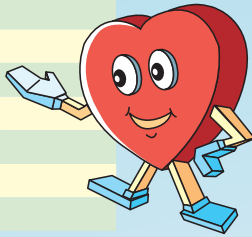
Body Mass Index

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

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

理想體重範圍表 (按亞洲成年人適用的體重指數計算):
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: 體重指數25 或以上
超重: 體重指數23 – 24.9
標準: 體重指數18.5 – 22.9
過輕: 體重指數18.5 以下

Obese: BMI 25 or above
Overweight: BMI 23 - 24.9
Normal: BMI 18.5 - 22.9
Underweight: BMI below 18.5

中央肥胖

Central Obesity

- 體重指數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, 與整體脂肪過多的致病風險同樣高。研究指出腰圍可反映腹部脂肪積存的程度, 從而評估個人的患病風險。 While BMI is commonly used as a measure of obesity, it does not distinguish between weight associated with muscle and weight associated with fat in an individual, and thus the relationship between BMI and body fat content varies according to body build and proportion. In fact, abdominal fat accumulation would be a more sensitive indicator of cardiovascular and chronic disease risk.
- 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, 並較一般人有較高患上慢性病的風險。 For Asian adults, if you have a waist measurement of over the following limits, you have an increased risk of developing a chronic disease.

性別 Sex	腰圍(厘米) Waist Circumference (cm)	腰圍(吋) Waist Circumference (inch)
男 Male	90或以上 or above	約 / ~36
女 Female	80或以上 or above	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.



香港防癆心臟及胸病協會

The Hong Kong Tuberculosis,
Chest and Heart Diseases Association