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Diploma in Pharmacy 2nd Year
Community Pharmacy & Management
Experiment
To measure the Body Mass Index (BMI).

Aim:

To measure the Body Mass Index (BMI).

Reference :

'Dr. Gupta G.D. , Dr. Sharma Shailesh, Dr. Gupta Richa, "Practical Manual of Community Pharmacy and Management" Published by Nirali Prakashan, Page no 33 – 35

Materials Required

Length measurement tape or height measurement chart and weighing balance

Theory :

Body Mass Index (BMI) is an internationally recognised measure of an individual's weight status. It is based on weight difference between people of different heights. Body mass index (BMI) is calculated by dividing a person's weight in kilogrammes by the square of his/her height in metres (m), i.e, body weight (kg)/height (m).

On the basis of the standard BMI values the individual can be categorised as underweight, normal, overweight, or obese. One of the diagnostic tests for overweight and obesity is BMI measurement

Procedure

1) Healthy human subjects should be selected.
2) The subject should be instructed to stand in upright position with heels against the wall and without wearing shoes/sleeper/ any footwear.
3) The height should be measured in metre (1feet = 0.3048m, 1Inch = 0.0254m)

4) Two weights of the subject should be measured in kg
5) The BMI should be calculated by using the following formula:

$$BMI= \frac{Weight\ (kg)}{Height\ (m).}$$

Observation Table

S.N.	Weight (kg)	Height (m)	BMI	Interpretation

Result :

The BMI of an individual was measured.