Development of innovative training solutions in the field of functional evaluation aimed at updating of the curricula of health sciences schools

TEACH
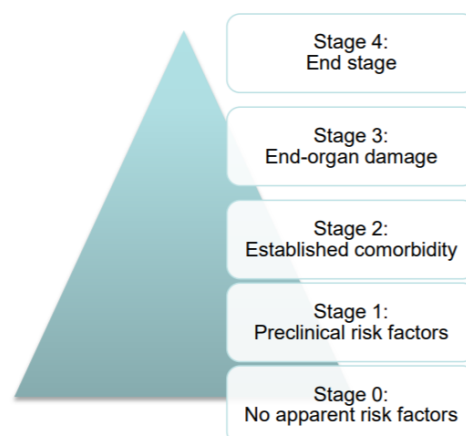
Erasmus+

C. EXERCISE CARD

Compute the BMI measure based on adult patients exemplary weights & heights (watch the units 😊 !) and match it to appropriate category:

weight [kg]	height [cm]	BMI	Category
80	195		
50	165		
80	180		
120	176		
100	190		
110	165		
75	178		

Assess (adults)

BMI	kg/m²
Underweight	≤ 18.5
Normal weight	18.6–24.9
Overweight	25.0–29.0
Obesity class I	30.0–34.90
Obesity class II	35.0–39.9
Obesity class III	≥ 40

Stage 4: End stage
Stage 3: End-organ damage
Stage 2: Established comorbidity
Stage 1: Preclinical risk factors
Stage 0: No apparent risk factors

Edmonton Obesity Staging System (EOSS)

IBV AMSE