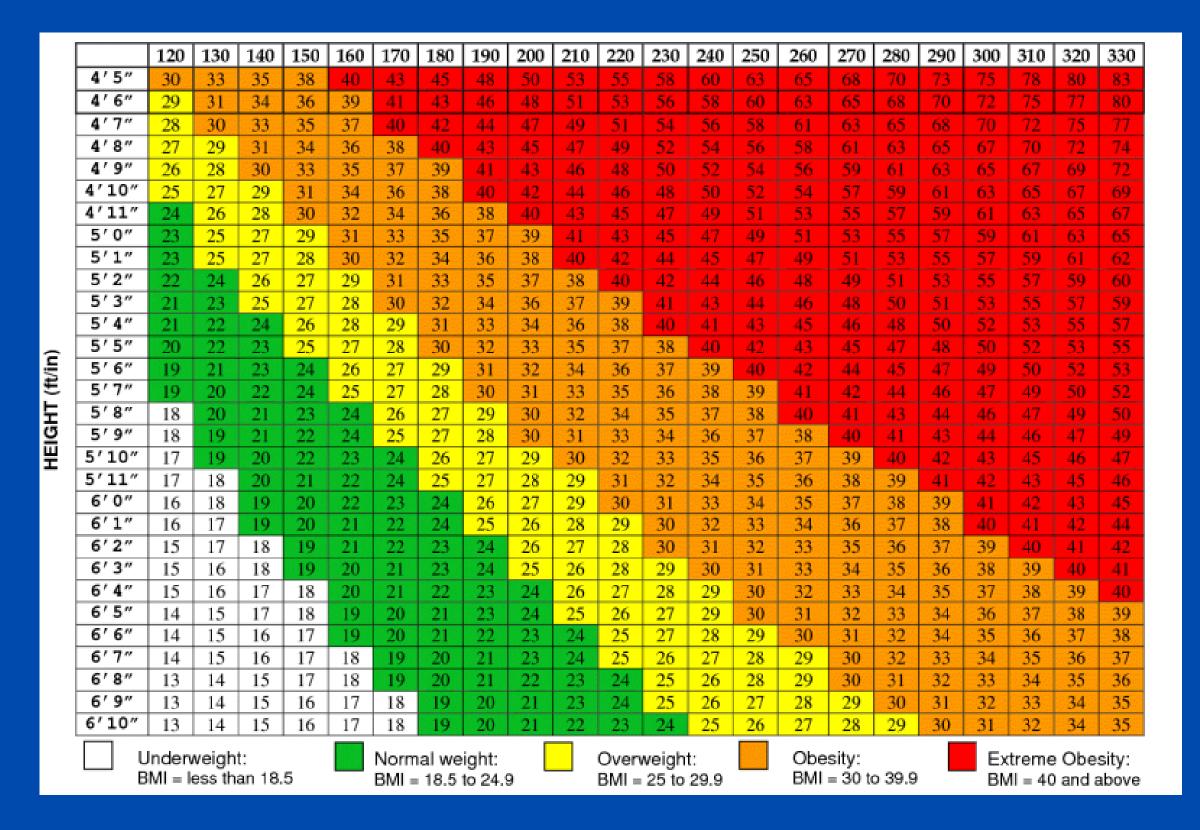
Body Mass Index



- Body mass index (BMI) is a tool to calculate the ratio of your height to weight.
- BMI is a way to tell if you are at a healthy weight or not.
- The higher your BMI, the greater your risk for weight-related health problems like sleep issues, diabetes, high blood pressure, cancer, heart disease, and more serious health issues.