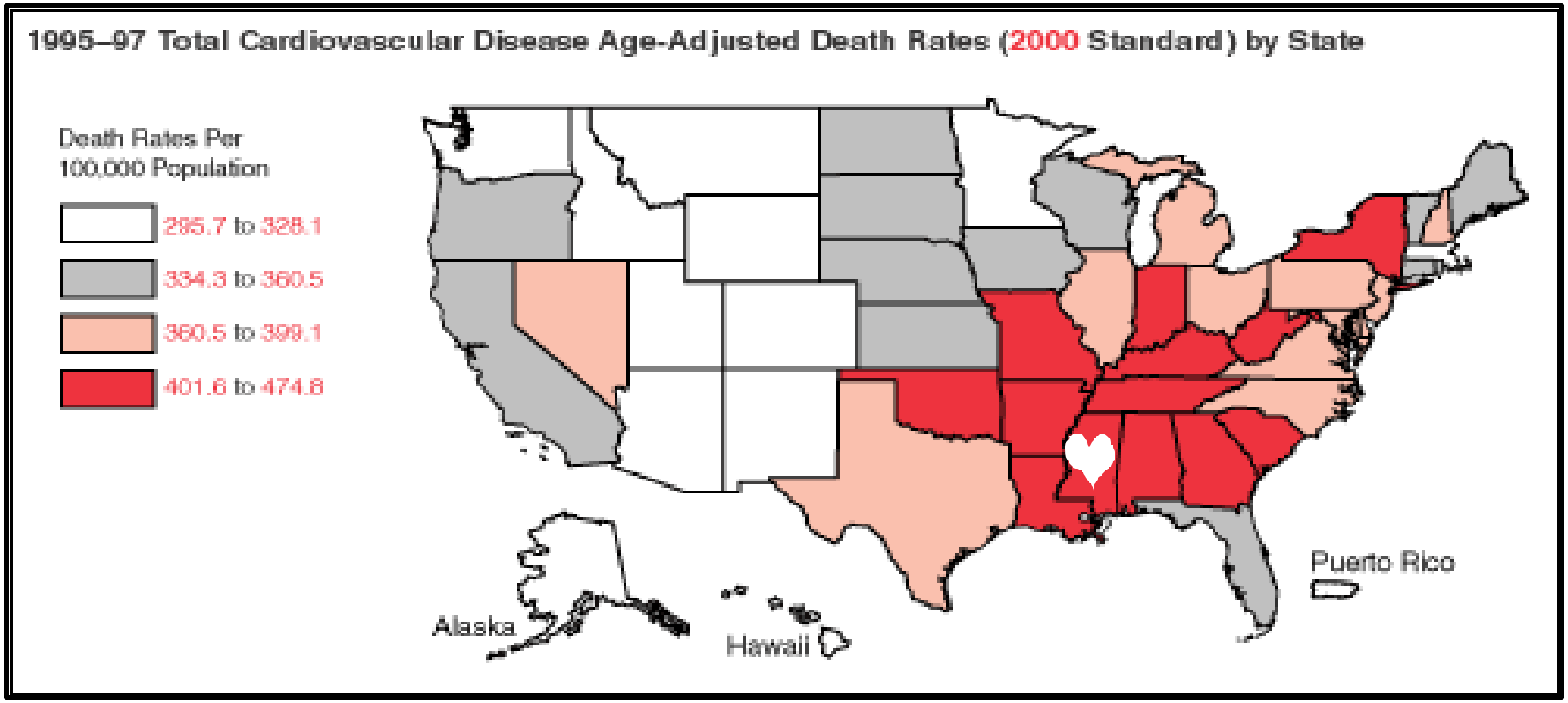
Know *Your* Numbers

. . . for a better life

Blood Pressure, Blood Cholesterol, Blood Sugar, Body Mass Index



Mississippi is at the “heart” of cardiovascular disease in the United States . . .

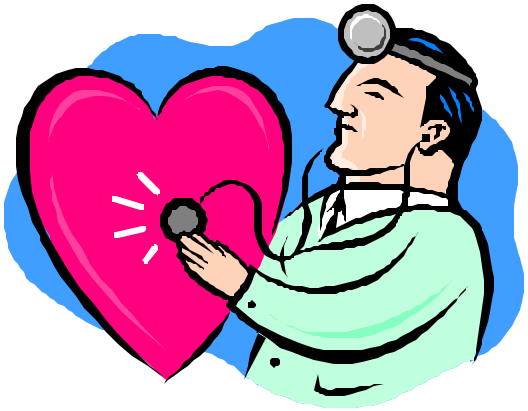
Do You Know Your Own BMI?

Height	Weight (lbs) 120	130	140	150	160	170	180	190	200	210	220	230	240	250
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36
6'	16	18	19	20	22	23	24	26	27	29	30	31	33	34
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32

Underweight BMI<18.5; Recommended Range BMI 18.5-24.9; Overweight BMI 25.0-29.9; Obese BMI $\geq$ 30.

Is your Blood Pressure, Blood Cholesterol, Blood Sugar, BMI number where it ought to be?

Ask your Doctor !



The MCIC Speakers Bureau is available to present the Know Your Numbers program.

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Contact Health Promotion at 601-576-7781 or

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