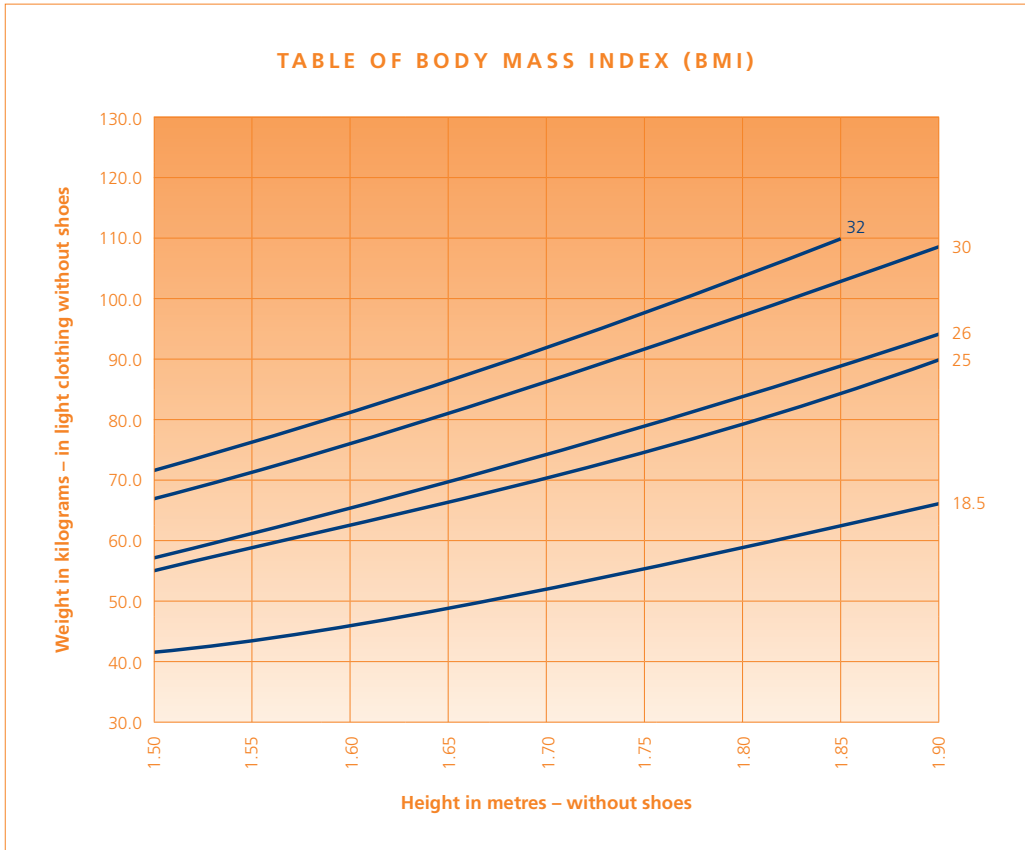


# WEIGHT MANAGEMENT



Find your height on the bottom of the chart. Go straight up from that point until you reach the line that intersects with your weight – that point is your Body Mass Index (BMI). Use that point to identify your body weight status using the table below. If your weight doesn't show up on this table, see your doctor/nurse.

|                   | Underweight    | Healthy    | Overweight | Obese           |
|-------------------|----------------|------------|------------|-----------------|
| NZ European       | Less than 18.5 | 18.5 to 25 | 25 to 30   | Greater than 30 |
| Maori and Pacific | Less than 18.5 | 18.5 to 26 | 26 to 32   | Greater than 32 |

If you are having trouble losing weight or you are gaining weight over time, talk to your doctor, nurse or health professional about seeing a dietician.