



## **BMI Results Explanation Script For Project RICE**

As part of this screening to determine if you are at risk for diabetes, we will measure your height and weight. These numbers are used to determine your body mass index, or BMI.

BMI is a number that shows if you are at a healthy weight for someone your height. This provides a reliable measure of body fatness for most people and is used to screen for weight categories that may lead to health problems such as diabetes.

For your screening, we are using BMI categories that are specifically recommended for Asians.

[Give each person screened a BMI chart and circle their BMI result on the chart.]

As you can see, you are \_\_\_\_\_ feet and \_\_\_\_\_ inches tall [circle height] and weigh \_\_\_\_\_ pounds [circle nearest weight].

### **If BMI is less than 23**

You are in the “Normal Weight” category. This means that your weight is normal for someone your height. You are not eligible to take part in this study since we want to help people lose weight. But the good news is that you are a healthy weight!

### **If BMI is 23 - 27**

You are in the “Overweight/Increased risk” category. This means that you weigh more than someone your height should. Being overweight is not about how your body looks—it’s about your health. Being overweight or obese can lead to health problems like high blood pressure, high cholesterol, diabetes, stroke, heart and liver disease, joint pain, asthma and some types of cancer.

The good news is that you can lower your risk for these diseases by losing weight—and we want to help you do this! In the past, people who have taken part in programs like ours have been able to lose weight, keep it off, and lead healthier lives. Because you are overweight, you may be eligible to participate in this program. However, we have to continue the screening to see if this study is right for you.

### **If BMI is greater than 28**

You are in the “Obese / High risk” category. This means that you weigh more than someone your height should. Being obese is not about how your body looks—it’s about your health. Being overweight or obese can lead to health problems like high blood pressure, high cholesterol, diabetes, stroke, heart and liver disease, joint pain, asthma and some types of cancer.

The good news is that you can lower your risk for these diseases by losing weight—and we want to help you do this! In the past, people who have taken part in programs like ours have been able to lose weight, keep it off, and lead healthier lives. Because of your weight, you may be eligible to participate in this program. However, we have to continue the screening to see if this study is right for you.