Recommended Ranges for UK Adult Population

Please note that the results below are only indications of desirable levels. Falling outside of these ranges does not, in itself, mean there is something wrong with you, whilst being inside these ranges does not guarantee that someone is free from illness or disease. If you have any further questions, please feel free to contact the Vodafone health assessment team on Vodafone@nuffieldhealth.com or 07900 583469.

Body Mass Index Ranges for Standard Adults

The Body Mass Index (BMI) is the most common benchmark for healthy weight in the adult population, and is also known as the Quetelet Index.

BMI is calculated with the following formula:

$$\frac{\text{Weight (kg)}}{\text{Height x Height (m)}}$$

This formula simply implies if someone is carrying too much weight in respect to their height.

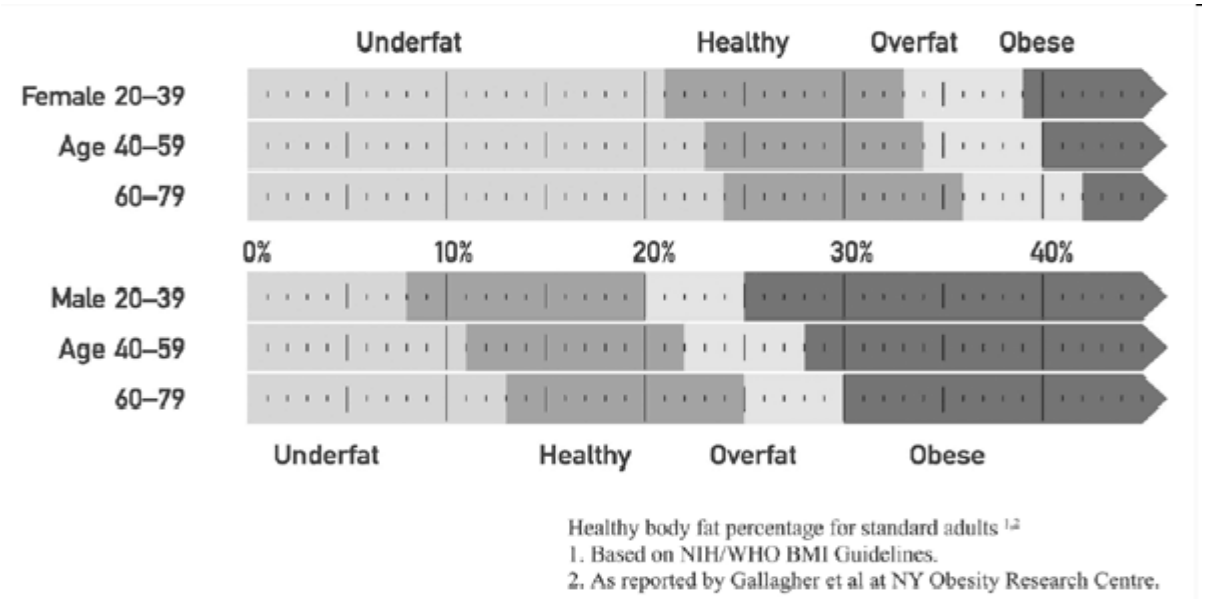
Classification	BMI (kg/m²)
Underweight	Below 18.5
Healthy Weight	18.5-24.9
Overweight	25-29.9
Obesity I	30-34.9
Obesity II	35-39.9
Obesity III	40 or more

NICE published obesity clinical guidelines, 2006 (1.2.2.7)

Body Fat Ranges for Standard Adults

Body fat is defined as the amount of fat tissue in the human body as a percentage of total weight. Increased body fat has been directly associated with the following;

Heart Disease, Stroke, Diabetes, Hypertension (high blood pressure) amongst a number of other conditions.



Based on National Institute of Health/World Health Organisation Guidelines

Cholesterol Ranges for Standard Adults

Cholesterol is a fat carried around the body in the blood. It is essential for life and can be ingested through our diet as well as being created by the liver. Total Cholesterol refers to the total volume (mmol/L) in the blood.

The 'finger-prick' Cholesterol test will give a gauge of total blood cholesterol. This identifies the total volume of Cholesterol present in the blood, but does not give more specific information on the percentage of good (HDL) vs. bad (LDL) Cholesterol. If it were necessary to have this supplementary test performed, you would have been advised to do so through a 'normal' blood sample.

If your fasted result is >6.5 mmol/L we recommend you see your GP for the more comprehensive assessment of your blood cholesterol.

Parameter	Recommended Range
High	>5 mmol/L
Normal	<5 mmol/L

Existing recommended ranges against WHO and BHF guidelines (2006)

Waist-to-hip Ratio (WHR) for Standard Adults

Waist-to-hip ration is the circumference of the waist divided by the circumference of the hips. This is of particular importance because of the correlation between chronic diseases and fat stored in the abdomen (midsection).

Waist circumference (cm)
Hip circumference (cm)

Risk					
	Age	**Low**	**Moderate**	**High**	**Very High**
Men	20-29	<0.83	0.83-0.88	0.89-0.94	>0.94
	30-39	<0.84	0.84-0.91	0.92-0.96	>0.96
	40-49	<0.86	0.88-0.95	0.96-1.00	>1.00
	50-59	<0.90	0.90-0.96	0.97-1.02	>1.02
	60-69	<0.91	0.91-0.98	0.99-1.03	>1.03
Women	20-29	<0.71	0.71-0.77	0.78-0.82	>0.82
	30-39	<0.72	0.72-0.78	0.79-0.84	>0.84
	40-49	<0.73	0.73-0.79	0.80-0.87	>0.87
	50-59	<0.74	0.74-0.81	0.82-0.88	>0.88
	60-69	<0.76	0.76-0.83	0.84-0.90	>0.90

ACSM's Recourse Manual for Guideline for Exercise, 3rd Edition

Blood Pressure Levels for Standard Adults

Blood pressure is a measure of the pressure of the blood flow within your arteries. It is measured as two readings, systolic and diastolic:

• *Systolic pressure* tells us the blood pressure within arteries when the heart muscle contracts

• *Diastolic pressure* measures the blood pressure within arteries when then heart muscle is at rest (in between beats).

Blood pressure is expressed as systolic 'over' diastolic. For example, an individual with systolic pressure of 120mmHg and diastolic pressure of 80mmHg would have a blood pressure of '120 over 80'.

Category	Systolic blood pressure (mmHg)	Diastolic blood pressure (mmHg)
Blood pressure		
Optimal	<120	<80
Normal	<130	<85
High normal	130-139	85-89
Hypertension		
Grade 1 (mild)	140-159	90-99
Grade 2 (moderate)	160-179	100-109
Grade 3 (severe)	≥180	≥110
Isolated systolic hypertension		
Grade 1	140-159	<90
Grade 2	≥160	<90

Classification of blood pressure levels of the British Hypertension Society

This classification equates with those of the European Society of Hypertension and the World Health Organization-International Society of Hypertension and is based on clinical blood pressure and not values for ambulatory blood pressure measurement. Threshold blood pressure levels for the diagnosis of hypertension using self/home monitoring are greater than 135/85 mm Hg. For ambulatory monitoring 24 hour values are greater than 125/80 mm Hg. If systolic blood pressure and diastolic blood pressure fall into different categories the higher value should be taken for classification.