Normative Data for PFP Assessment

Body Mass Index (BMI)

Males realtive health risk attributable to body composition using single non graduated waist circumference (WC) cut points within and across each body max index (BMI) category		
BMI (kg/m2)	**NIH WC (cm)**	**Health Risk**
< 18.5 (underweight)	All circumferences	Generally Reduced ↓ Health Risk
18.5 -24.9 (normal weight)	< 90	↓ Health Risk
	≥ 90	↑ Health Risk
25.0-29.9 (overweight)	< 100	↓ Health Risk
	≥ 100	↑ Health Risk
30.0-34.9 (obese I)	< 110	↑ Health Risk
	≥ 110	↑↑ Health Risk
≥ 35 (obese II +)	< 125	↑↑ Health Risk
	≥ 125	↑↑↑ Health Risk

Females realtive health risk attributable to body composition using single non graduated waist circumference (WC) cut points within and across each body max index (BMI) category		
BMI (kg/m2)	**NIH WC (cm)**	**Health Risk**
< 18.5 (underweight)	All circumferences	Generally Reduced ↓ Health Risk
18.5 -24.9 (normal weight)	< 80	↓ Health Risk
	≥ 80	↑ Health Risk
25.0-29.9 (overweight)	< 90	↓ Health Risk
	≥ 90	↑ Health Risk
30.0-34.9 (obese I)	< 105	↑ Health Risk
	≥ 105	↑↑ Health Risk
≥ 35 (obese II +)	< 115	↑↑ Health Risk
	≥ 115	↑↑↑ Health Risk