Nurses Content
Downloaded from nursescontent.com

Body Mass Index

Core Nursing Essentials Nutrition & Elimination

Adult BMI is weight in kilograms divided by height in metres squared. It is a screening measure and is not interpreted using adult cut-offs in children or pregnancy.

For educational purposes only.

Introduction & key concepts

Adult BMI is weight in kilograms divided by height in metres squared. It is a screening measure and is not interpreted using adult cut-offs in children or pregnancy.

Nursing responsibilities

- Check identity, consent, the relevant observations and the purpose of the assessment.
- Record the finding, context and response using the approved clinical record.
- Escalate uncertainty or deterioration to the responsible professional; do not use a study note as a standing treatment order.

Clinical example & examination focus

In a viva, explain body mass index in your own words, identify the observations needed and state a limitation. Compare the finding with the patient's baseline rather than assuming one number or label gives a diagnosis.

Quick Revision

Adult BMI is weight in kilograms divided by height in metres squared. It is a screening measure and is not interpreted using adult cut-offs in children or pregnancy.

Frequently asked question

Can this summary replace practical training?

No. Use your prescribed learning material and the institution's current protocol with qualified supervision.

References & review status

- WHO - Obesity and overweight (https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight) - Online fact sheet accessed 26 November 2026. BMI formula and global adult cut-offs; not India-specific treatment targets.

Sources checked for the stated scope on 26 November 2026. Original study synthesis; independent clinical review is not claimed. Source attribution is not a copyright-clearance certificate.

This content is provided for nursing education and academic reference only. It is not a substitute for professional medical advice, institutional clinical protocols or supervised clinical practice.

This content is provided for nursing education and academic reference only. It is not a substitute for professional medical advice, institutional clinical protocols or supervised clinical practice.

Nurses Content
Downloaded from nursescontent.com

Source and attribution

Original concise teaching synthesis. WHO - Obesity and overweight (https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight)

Online chapter: https://nursescontent.com/essentials/nutrition-elimination/body-mass-index/

Downloaded from Nurses Content. Branding identifies the delivery website. Original author credits, third-party licences and applicable rights remain unchanged.

Nurses Content