

## Static Screening Tests

### Body Composition

Body Mass Index
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Underweight	Less than 18.5 Kg/m <sup>2</sup>
Desirable range for adult men	18.6 – 24.9 Kg/m <sup>2</sup>
Overweight	24.9 – 29.9 Kg/m <sup>2</sup>
Grade 1 Obesity	30.0 – 34.9 Kg/m <sup>2</sup>
Grade 2 Obesity	35.0 – 39.9 Kg/m <sup>2</sup>
Grade 3 Obesity	>40 Kg/m <sup>2</sup>

### Circumferential Measurements

Waist / hip Ratio - Men
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	20 -29	30 – 39	40 – 49	50 – 59	60 -69
<b>Low Risk</b>	<0.82	<0.83	<0.86	<0.87	<0.88
<b>Moderate</b>	0.82 – 0.87	0.83 – 0.91	0.86 – 0.92	0.87 – 0.94	0.88 – 0.95
<b>High Risk</b>	0.87 – 0.94	0.91 – 0.95	0.92 – 1.0	0.94 – 1.01	0.95 – 1.02
<b>Very High</b>	>0.94	>0.95	>0.1	>1.01	>1.02

Waist / hip Ratio – Women
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	20 -29	30 – 39	40 – 49	50 – 59	60 -69
<b>Low Risk</b>	<0.71	<0.73	<0.74	<0.75	<0.77
<b>Moderate</b>	0.71 – 0.78	0.73 – 0.79	0.74 – 0.80	0.75 – 0.81	0.77 – 0.83
<b>High Risk</b>	0.78 – 0.81	0.79 – 0.84	0.80 – 0.86	0.81 – 0.88	0.83 – 0.90
<b>Very High</b>	>0.81	>0.84	>0.86	>0.88	>0.90