



# Parenthood Awareness before Conception to Enhance Offspring Health – E-learning Addressing Lifestyle to Transform Habits



## NUTRITION

### Calculation of Body Mass Index (BMI) and interpretation of BMI

Your BMI is a measure that uses your height and weight to work out if your weight is in a healthy range. For pregnant women your BMI calculation will be based on your weight before pregnancy.

- Use an online calculator:  
<https://www.calculator.net/bmi-calculator.html>
- Or do it yourself (by the community educator)
  - Formula:  $\text{Weight (kg)} / [\text{height (m)}]^2$
  - Calculation:  $[\text{weight (kg)} / \text{height (cm)} / \text{height (cm)}] \times 10,000$   
Be careful to use the weight in kg and the height in centimeters.

### Results:

| STATUS | NORMAL    | Underweight | Overweight | Obesity | Severe Obesity |
|--------|-----------|-------------|------------|---------|----------------|
| BMI    | 18,5-24,9 | <18,5       | 25-29,9    | 30-39,9 | > 40           |



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### Nutritional Pyramid for pregnant women

