

BMI (Body Mass Index):

$$(703)(\text{weight})/(\text{height}^2)$$

Weight is measured in pounds (lbs)

Height is measured in inches (in)

BMI Ranges:

Underweight: BMI= <18.5

Normal: BMI= 18.5-25

Overweight: BMI= 25-30

Obese: BMI= 30 and above

Pulse Rate

Normal Rate= 60 -100 bpm (beats per minute)

Bradycardia (slow heart rate) = <60 bpm

Tachycardia (high heart rate) = >100 bpm

Respiratory Rate

Normal Rate = 12 – 20 rpm (respirations per minute)

Blood Pressure

Systolic

- Top number
- First beat you hear
- Usually around 120

Diastolic

- Bottom number
- The last beat you hear before the thumping noise disappears
- Usually around 80

Blood pressure category	Systolic mmHg		Diastolic mmHg
Low blood pressure	less than 90	or	less than 60
Normal blood pressure	90 – 119	and	60 – 79
Prehypertension	120 – 139	or	80 – 89
Hypertension Stage 1	140 – 159	or	90 – 99
Hypertension Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Medical emergency!)	Higher than 180	or	Higher than 110

