

## Body mass index (BMI) scale

Under 18.5kg/m<sup>2</sup>

18.5-29.9kg/m<sup>2</sup>

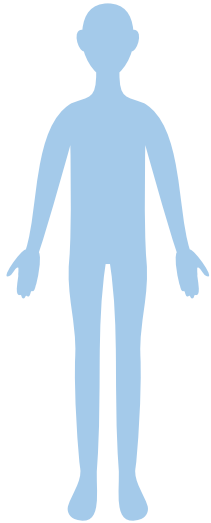
30kg/m<sup>2</sup> or higher

## South Asian BMI Scale

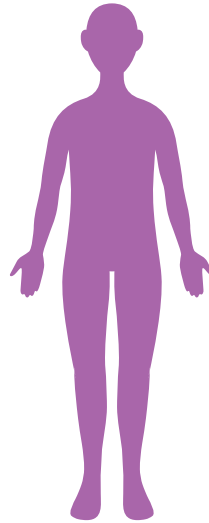
Under 18.5kg/m<sup>2</sup>

18.5-27.4kg/m<sup>2</sup>

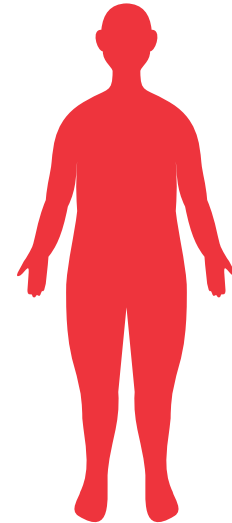
27.5kg/m<sup>2</sup> or higher



You are at risk of health problems and further weight loss caused by flare-ups. Talk to your healthcare professional to come up with a weight-gain plan that works for you to protect yourself.



This is a safe and healthy weight for someone with COPD. Maintain your body fat and muscles by eating well and being active, and look out for signs of weight change.



Obesity makes you more breathless and increases the risk of other health problems. Talk to your healthcare professional to come up with a weight-loss plan that works for you.