

DETERMINING HEALTHY BODY WEIGHT

Pre pregnancy
and adolescent
series



If you are planning to conceive it is very important for you to achieve your healthy body weight. To determine your healthy body weight, use the Body Mass Index (BMI)

What is the Body Mass Index (BMI)

- A measure of body fat based on height and weight
- Indicates a person's body weight status (under, over or healthy weight) and his/her risk for chronic diseases



Step 1: Calculate your BMI

$BMI = \text{Weight (Kg)} / \text{Height (m)} \times \text{Height (m)}$

For Example, if your current weight is 65 kg and you are 160 cm tall, Your

$BMI = 65 \text{ kg} / 1.6 \times 1.6 \text{ m}^2 = 25.4 \text{ kg/m}^2$

Step 2: Determine your body weight status and health risk



WHO's BMI (Kg/m ²)	Body weight status	Risk of heart disease and diabetes
<18.5	Underweight	Risk of nutritional deficiency diseases and osteoporosis
18.5 – 24.5	Healthy Weight	Low risk
25 – 29.9	Overweight	Moderate Risk
>=30	Obese	High Risk

Step 3: Determine your healthy body weight

To calculate your ideal body weight, use the following formula:

Height in cm - 105 (For females)

For example, if you height is 160 cm, your ideal body weight should be around 55 kgs.



So if you need to lose those extra kilos or gain a few kilos' eat healthy and stay physically active

IMPORTANT INFORMATION

Breast milk is the best food for babies as it is the sole source of nutrition for the first 6 months of life and is recommended to be continued until 2 years, with introduction to appropriate complementary foods after 6 months of age.

A. Following are the details of advantages, as also nutritional superiority of breast-feeding :

- i) Immediately after delivery, breast milk is yellowish and sticky. This milk is called as Colostrum, which is secreted during the first week of delivery. Colostrum is more nutritious than that of mature milk because it contains more protein, more anti-infective properties which are of great importance for the infant's defence against dangerous neo-natal infections. It also contains higher level of Vitamin 'A';
- ii) Breast Milk -
 - a) Is a complete and balanced food that provides all the nutrients needed by the infant (for the first six months of life);
 - b) Has anti-infective properties that protect the infants from infection the early months;
 - c) Is always available;
 - d) Needs no utensils or water (which might carry germs) or fuel its preparations;
- iii) Breast-feeding is much cheaper than feeding infant milk substitutes as the cost of the extra food needed by the mother is negligible compared to the cost of feeding infant milk substitutes;
- iv) Mothers who breast-feed usually have longer periods of infertility after child birth than non-lactators;

B. Details of management of breast-feeding, are as under :

- i) Breast-feeding-
 - a) Immediately after delivery enables the contraction of the womb and helps the mother to regain her figure quickly;
 - b) Is successful when the infant suckles frequently and the mother wanting to breast-feed is confident in her ability to do so;
- ii) In order to promote and support breast-feeding the mother's natural desire to breast-feed should always be encouraged by giving, where needed, practical advice and making sure that she has the support of her relatives;
- iii) Adequate care for the breast and nipples should be taken during pregnancy;
- iv) It is also necessary to put the infant to the breast as soon as possible after delivery;
- v) Let the mother and the infant stay together after the delivery, the mother and her infant should be allowed to stay together (in the hospital, this is called "rooming-in");
- vi) Give the infant Colostrum as it is rich in many nutrients and its anti-infective factors protect the infants from infections during the few days of its birth;
- vii) The practise of discarding Colostrum and giving sugar water, honey water, butter or other concoctions instead of Colostrum should be very strongly discouraged;
- viii) Let the infants suckle on demand;
- ix) Every effort should be made to breast-feed the infants whenever they cry;
- x) Mother should keep her body and clothes and that of the infant always neat and clean,