

Table 10.4: Body Mass Index^{1,2}

Body Mass Index (kg/m ²)	Total	Age Group			Disability Level		
		65-74	75-84	85+	Moderate ³	ADL Difficulty	
						Receives No Help	Receives Help
Total	(N=924)	(N=358)	(N=287)	(N=279)	(N=333)	(N=455)	(N=136)
Mean	28.9	31.1	27.6	26.1	27.9	29.6	29.4
Median	27.4	29.5	27.1	25.6	27.0	27.9	27.0
Percent underweight (<21.44) ⁴	11.7	5.9	15.3	19.1	12.7	10.0	15.5
Percent overweight (>=31.58) ⁵	28.5	39.1	23.1	12.5	24.0	31.1	31.8
Whites	(N=667)	(N=235)	(N=208)	(N=224)	(N=221)	(N=352)	(N=94)
Mean	28.0	29.8	27.2	25.9	27.0	28.6	28.7
Median	26.9	28.8	27.0	25.4	26.5	27.7	26.3
Percent underweight (<21.44) ⁴	12.5	5.6	15.7	20.9	12.1	10.8	20.4
Percent overweight (>=31.58) ⁵	24.9	33.7	21.6	12.1	17.8	28.0	31.4
Blacks	(N=254)	(N=120)	(N=79)	(N=55)	(N=111)	(N=101)	(N=42)
Mean	31.3	33.8	28.8	26.9	29.7	33.1	30.9
Median	28.9	31.5	28.0	27.0	29.0	29.4	28.2
Percent underweight (<21.44) ⁴	9.9	6.6	13.9	12.0	14.1	7.2	4.6
Percent overweight (>=31.58) ⁵	37.5	49.2	27.5	14.0	35.8	41.2	32.6

(Women's Health and Aging Study, physical assessment, 1992-1995)

¹ Weight(kg)/height(m)². If a participant's height was not measured, it was estimated from the average of two knee height measurements. The estimated height in cm = 84.88 + 1.83 (knee height) - 0.24(age). Chumlea WC, Roche AF, Steinbaugh ML. Estimating stature from knee height for persons 60 to 90 years of age. J Am Geriatr Soc 1995, 33: 116-120.

² Descriptive statistics are based on weighted data.

³ No ADL difficulty; disabled in two or more domains (see Chapter 1).

⁴ 15th percentile or below, based on data from NHANES I for females age 70 to 74 years in Must A, Dallal GE, Dietz WH. (1991). Reference data for obesity: 85th and 95th percentiles of body mass index (wt/ht²) and triceps skinfold thickness. Am J Clin Nutr 53:839-846.

⁵ 85th percentile or above, based on previous reference.