



**CENTER FOR FAMILY HEALTH, LLC**  
**431 ROUTE 22 EAST**  
**WHITEHOUSE STATION, NJ 08889**

**ANNOUNCEMENT REGARDING OUR COMMITMENT TO HELP  
OUR PATIENTS ACHIEVE AND MAINTAIN HEALTHY BODY  
MASS INDEX (BMI)**

As you know our office has implemented electronic medical records. Center for Family Health has retrieved a report of how many of our patients have a BMI (body mass index) > 30.

We are concerned to find out almost 40% of our patients have a BMI > 30. We see them everyday for a variety of medical problems (blood pressure, sore throat, knee pain, etc) without addressing this important health issue. As your primary care physician, we are starting a campaign to reach out to our patients.

BMI (Body Mass Index) is a measurement of body fat based on height and weight that applies to both men and women between the ages of 18 and 65 years. The manual calculation is weight divided by height in inches multiplied by 703.

BMI can be used to indicate if you are overweight, obese, underweight or normal. A healthy BMI score is between 20 and 25. A score below 20 indicates that you may be underweight; a value above 25 indicates that you may be overweight.

Guidelines:

BMI > 25 is overweight

BMI > 30 is obese

BMI > 40 is morbid obese

We will be sending you reminders to come in for a weight check / consultation:

(1) every 6 months or

(2) every 3 months if also have diabetes or high blood pressure or osteoarthritis or other medical conditions that are worsened by increased weight.

We look forward to joining you on your journey to a healthier you.

The Center for Family Health Staff