

ARE YOU AT RISK FOR FATTY LIVER DISEASE?

You are likely to have fatty liver if you have any of the following:

- Body Mass Index (BMI) >30
- Type 2 Diabetes
- Cardiovascular Disease
- High Blood Pressure

If you any have two of these you are 90% likely to have a fatty liver.

Other Risk Factors:

- Metabolic Syndrome
- Insulin Resistance
- Hispanic/Latino ethnicity
- High triglycerides
- Sleep apnea
- Unhealthy diet, especially too much processed food and sugar-sweetened beverages

What is Fatty Liver?

An excess of fat in the liver – more than 5%

Why Should You Care?

Can lead to more serious liver disease including cirrhosis and liver cancer.

What is Metabolic Syndrome?

Presence of any three of these:

- Abdominal fat
- High blood sugar
- High triglycerides
- High blood pressure
- Low HDL

What is Insulin Resistance?

When your body doesn't respond well to insulin and the affected cells and tissues cannot perform their normal functions. Insulin resistance is the forerunner for most non-infectious, chronic medical conditions, including diabetes and fatty liver.



**LIVER EDUCATION
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FIND YOUR BMI



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BODY MASS INDEX (BMI) CHART

		Weight																											
	lbs	90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290							
	kgs	41	45	50	54	59	64	68	72	77	82	86	91	95	100	104	109	113	118	122	127	132							
ft/in	cm																												
4 ft 8 in	142.2	20	22	25	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65							
4 ft 9 in	144.7	19	22	24	26	28	30	32	35	37	39	41	43	45	48	50	52	54	56	58	61	63							
4 ft 10 in	147.3	19	21	23	25	27	29	31	33	36	38	40	42	44	46	48	50	52	54	56	59	61							
4 ft 11 in	149.8	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	51	53	55	57	59							
5 ft 0 in	152.4	18	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57							
5 ft 1 in	154.9	17	19	21	23	25	26	28	30	32	34	36	38	40	42	43	45	47	49	51	53	55							
5 ft 2 in	157.4	16	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53							
5 ft 3 in	160.0	16	18	19	21	23	25	27	28	30	32	34	35	37	39	41	43	44	46	48	50	51							
5 ft 4 in	162.5	15	17	19	21	22	24	26	27	29	31	33	34	36	38	39	41	43	45	46	48	50							
5 ft 5 in	165.1	15	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48							
5 ft 6 in	167.6	15	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47							
5 ft 7 in	170.1	14	16	17	19	20	22	24	25	27	28	30	31	33	34	36	38	39	41	42	44	45							
5 ft 8 in	172.7	14	15	17	18	20	21	23	24	26	27	29	30	32	33	35	37	38	40	41	43	44							
5 ft 9 in	175.2	13	15	16	18	19	21	22	24	25	27	28	30	31	33	34	35	37	38	40	41	43							
5 ft 10 in	177.8	13	14	16	17	19	20	22	23	24	26	27	29	30	32	33	34	36	37	39	40	42							
5 ft 11 in	180.3	13	14	15	17	18	20	21	22	24	25	27	28	29	31	32	33	35	36	38	39	40							
6 ft 0 in	182.8	12	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35	37	38	39							
6 ft 1 in	185.4	12	13	15	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38							
6 ft 2 in	187.9	12	13	14	16	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37							
6 ft 3 in	190.5	11	13	14	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36							
6 ft 4 in	193.0	11	12	13	15	16	17	18	19	21	22	23	24	26	27	28	29	30	32	33	34	35							
6 ft 5 in	195.5	11	12	13	14	15	17	18	19	20	21	23	24	25	26	27	28	30	31	32	33	34							
6 ft 6 in	198.1	10	12	13	14	15	16	17	18	20	21	22	23	24	25	27	28	29	30	31	32	34							
6 ft 7 in	200.6	10	11	12	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33							
6 ft 8 in	203.2	10	11	12	13	14	15	16	18	19	20	21	22	23	24	25	26	27	29	30	31	32							
6 ft 9 in	205.7	10	11	12	13	14	15	16	17	18	19	20	21	24	24	25	26	27	28	29	30	31							
6 ft 10 in	208.2	9	10	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30							
6 ft 11 in	210.8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	25	26	27	28	29	30							

Underweight

Healthy

Overweight

Obese

Extremely Obese