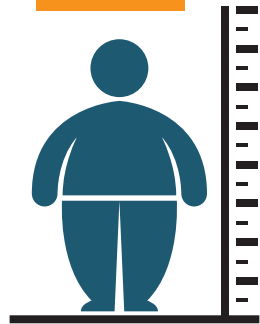


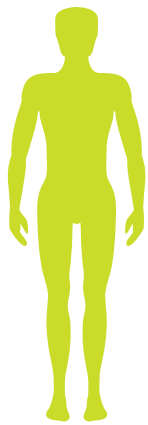
# INDEKS JISIM TUBUH

$$\frac{\text{kg}}{\text{m}^2}$$



- Cara Pengiraan Indeks Jisim Tubuh (IJT)

- Klasifikasi IJT



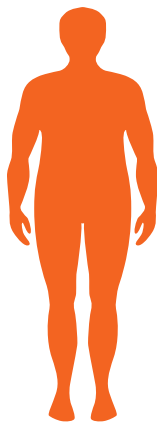
< 18.5

Kurang Berat Badan



18.5 - 24.9

Normal



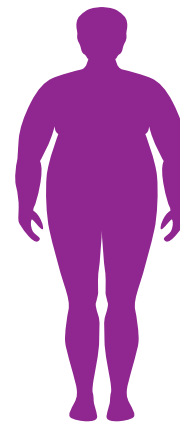
25 - 29.9

Lebih Berat Badan



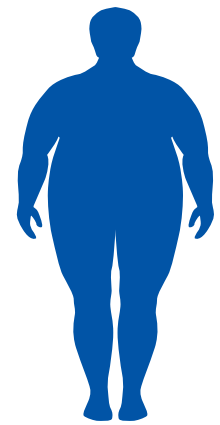
30 - 34.9

Obesiti Tahap 1



35 - 39.9

Obesiti Tahap 2



> 40

Obesiti Morbid



- **(47.7%)** rakyat Malaysia dewasa adalah berlebihan berat badan dan obes

