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| **Knowledge Organiser – Physiological indicators (B1)** |
| |  |  | | --- | --- | | **Category** | **BMI (kg/m2)** | | Underweight | <18.5 | | Healthy weight | 18.5 – 24.9 | | Overweight | 25 – 29.9 | | Obese | 30 – 34.9 | | Severely obese | 35 – 39.9 | | Morbidly obese | >40 |  |  |  |  | | --- | --- | --- | | **Average values for heart rate for different ages** | | | | **Age** | **Heart Rate men** | **Heart rate women** | | 18 – 25 | 70 -73 | 74 – 78 | | 26 -35 | 71 – 74 | 73 – 76 | | 36 – 45 | 71 – 75 | 74 – 78 | | 46 – 55 | 72 – 76 | 74 – 77 | | 56 – 65 | 72 – 75 | 74 – 77 | | 65+ | 70 - 73 | 73 - 76 |   BMI CalculatorActiv8rlivesBlood Pressure UK  **Pulse:**  A resting pulse rate (RPR) is measured when a person  has been still for five minutes. It can be measures by placing fingers on the inside of the wrist at the base of the thumb and counting the beats for 1 minute. The average pulse rate is between 60 - 100 beats per minute. Lower or higher rates are abnormal and may indicate health problems.  **Peak flow:**  Peak flow rates vary between people because they have different lung capacities. If a person’s reading is less than 80% of their expected peak flow rate. Health professionals will advise changing or increasing their medication or taking more exercise  **Blood pressure:**  The NHS and Blood pressure UK provide charts giving guidance on interpreting blood pressure readings   * High blood pressure is 140/90 mm Hg or above * Low blood pressure is 90/60 mm Hg or lower   Only one number (systolic or diastolic) has to be higher or lower than the guidelines to be abnormal  **Body mass index (BMI):**  BMI is based on your height and weight and can be found on a published chart. Health professionals can advise people about their lifestyle changes and use readings to track progress. A healthy diet and exercise helps to lower the risk. People fall into six categories. |