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**INDUSTRY STANDARD OF THE
PEOPLE'S REPUBLIC OF CHINA**

WS/T 428-2013

**Criteria of weight for adults
(English Translation)**

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Table of Contents

- Foreword
- 1 Scope
- 2 Normative references
- 3 Terms and definitions
- 4 Weight determination
- 4.1 Weight classification

Foreword

This standard was drafted in accordance with the rules given in GB/T 1.1-2009.

This standard was drafted. New Health Research Center for Health Development, China Center for Disease Control and Nutrition and Food Safety, China Disease Pre-Prevention and Control Center, School of Public Health, Peking University, Fuwai Hospital of Cardiovascular Diseases, Chinese Academy of Medical Sciences, Anzhen Hospital Affiliated to Capital Medical University, International Life Science Institute China Office, Shanghai Jiao Tong University Affiliated Sixth People's Hospital.

1 Scope

This standard specifies the adult weight determination, measurement conditions and determination methods.

This standard applies to adults (18 years of age and over) to determine the overweight and obesity and central obesity can be used for epidemiological screening and early clinical Step diagnosis, but does not apply to some special populations, such as athletes, pregnant women and so on.

2 Normative references

The following documents for the application of this document is essential. For dated references, only the dated version applies to this article Pieces. For undated references, the latest edition (including all amendments) applies to this document.

WS/T 424 Crowd health monitoring anthropometric methods

3 Terms and definitions

The following terms and definitions apply to this document.

Height

The vertical distance from the base of the foot to the highest point of the head.

Weight

The total body weight.

Body mass index bodyweightindex; BMI Body mass index A measure of height-based index, calculated as the ratio of the body weight (kg) to the square of height (m).

Waist circumference Axillary arch edge and the lower edge of the iliac crest of the line connecting the midpoint of the horizontal position of body circumference length.

Overweight and obesity overweight and obesity Body weight gain due to an increase in the body fat volume and/or the number of fat cells, or an abnormal increase in the body fat percentage High, and in some local excessive deposition of fat, usually judged by BMI; excessive accumulation of fat in the abdomen called central obesity (central Obesity, usually with the waist circumference to determine.

4.1 Weight classification

BMI based on adult weight classification, shown in Table 1.