

# **BMI (The Body Mass Index Tool)**

## **Yellow Box Version 5.0 by Eric Tremblay (ericet@cam.org)**

### **Submitted to:**

ftp://next-ftp.peak.org/pub/OpenStep/submissions

Should end up in:

ftp://next-ftp.peak.org/pub/OpenStep/mach/apps/misc

### **Contact Info:**

Comments and suggestions are welcomed:

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### **Intro:**

This application will permit you to calculate your Body Mass Index. In other words are you too fat for your weight and height?

This application is FREE and I think it's interesting. So if you like it or have any suggestions please feel welcome to send me an E-mail.

### **Notes:**

(Note that BMI below refer's to the Index not the application.)

#### **Here's what the experts had to say:**

The obesity epidemic has reached crisis proportions across the United States and should be made a national priority. "The rate of obesity has been growing at an alarming rate in recent years, with more than one in three American adults currently classified as overweight or obese," Dr. James Rippe, chairman of the Interdisciplinary Council on Lifestyle and Obesity Management, said. Body mass index (BMI) -- now used around the world as a standard measure of overweight -- should be a standard "vital sign" used along with blood pressure when general physicians check a patient's health, they said in a statement.

BMI is weight in kilograms squared divided by height in meters. A person is obese if he or she has a BMI of 30 or above. Someone 5 feet 7 inches tall and weighing 154 pounds has a BMI of 24 -- bordering on overweight, while someone weighing 20 pounds more would have a BMI of 37 and be very obese.

Obese people are more than 26 times more likely to have diabetes and 3.5 times more likely to die of heart disease.

## **Installation:**

WINNT/95:

### 1. Unpack the software distribution

- a. open a "Bourne Shell" window located in the Yellow Box menu
- b. change directory to location of distribution, for example, C:\temp  
cd C:\temp (type ls to have a directory listing.)
- c. Uncompress the gunzip distribution:  
gzip BMI.w.bs.gz
- d. untar the resulting uncompressed file:  
tar xvf BMI.w.bs.tar

## **Localization (Support languages):**

English by Eric Tremblay ericet@cam.org

## **License Agreement:**

In this license, the author is Eric Tremblay.

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## **History:**

**5.0.:** Ported to Yellow Box for Windows March 15, 1998

**4.2.:** Final OpenStep Version 4.2. New info panel

**2.0.:** Ported from NEXTSTEP to OpenStep on January 26, 1997. Ported to OpenStep for MACH. The gauge has been removed in this release.

**1.1.:** Original NEXTSTEP Version December 12, 1993. The gauge which comes from the MiscKit. Lot's of user interface changes. I also added the age group and gender radio buttons to fine tune the BMI Index to better fit the user.

## **The Package:**

Version 5.0 comes complete in a tar.gz package.

Which includes:

- BMI.app A Yellow Box for Windows binary for Intel
- README.TXT This file
- Includes Full Source Code

## **Compiling:**

This version includes all the source code necessary to recompile the program from scratch on Yellow Box for Windows 5.0+ systems.