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To calculate the BMI and measure the AC of a population of a university campus

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ABSTRACT

Introduction: Healthy Eating has been one of the guidelines of the Ministry of Health since 2014. Important indicators of the risks for chronic-degenerative diseases are Body Mass Index (BMI) and Abdominal Waist (CA) measurement. **Objectives:** To calculate the BMI and measure the AC of a population of a university campus. **Methodology:** Quantitative and descriptive research. Sample of convenience of 34 individuals in the campus of the Catholic University of Pernambuco in the activities of the Module Teaching, Service and Community II. **Results and Discussion:** 1st Social function and BMI: Students (Normal: 57%). Teacher (Normal: 50% and Overweight: 50%). Employees (Normal: 43% and Obesity: 43%). 2nd Social function and CA: Professor (Risk: 50%) Employees (Risk: 70%). Age and BMI: 31 to 40 years (Normal: 50% and Overweight: 50%). 41 to 50 years old (Overweight: 50%). 51 to 60 years old (Obesity: 52%) 4th Age and CA: 31 to 40 years old (Risk: 50%). 41 to 50 years (Risk: 75% and No Risk: 25%). 51 to 60 years (Risk: 60%). > 60 years (Risk: 67%). Increased risk between older ages and roles of teachers and staff. **Conclusion:** There is a need for Health Education orienting subjects in terms of changes in lifestyle habits.

Keywords: Healthy Eating; Chronic diseases; Health education

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