



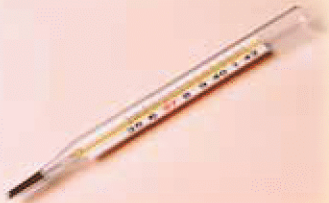
# PARAMETER KESIHATAN BADAN

## PARAMETERS OF BODY HEALTH

### 1 Suhu Badan

Body Temperature

| Suhu badan (°C)<br>Body temperature | Kategori<br>Category                                      |
|-------------------------------------|-----------------------------------------------------------|
| 35.0 – 35.9                         | Suhu rendah / Hipotermia<br>Low temperature / Hypothermia |
| 36.0 – 37.5                         | Normal<br>Normal                                          |
| 37.6 – 38.9                         | Demam<br>Fever                                            |
| 39.0 – 39.9                         | Demam tinggi<br>High fever                                |



### 3 Tekanan Darah bagi Dewasa

Blood Pressure for Adults

| Kategori tekanan darah<br>Blood pressure category               | Tekanan sistolik (mmHg)<br>Systolic pressure (mmHg) | Tekanan diastolik (mmHg)<br>Diastolic pressure (mmHg) |
|-----------------------------------------------------------------|-----------------------------------------------------|-------------------------------------------------------|
| Optimum / Optimal                                               | < 120                                               | < 80                                                  |
| Normal / Normal                                                 | 120 – 129                                           | 80 – 84                                               |
| Berisiko / At risk                                              | 130 – 139                                           | 85 – 89                                               |
| Tekanan darah tinggi peringkat 1<br>High blood pressure stage 1 | 140 – 159                                           | 90 – 99                                               |
| Tekanan darah tinggi peringkat 2<br>High blood pressure stage 2 | 160 – 179                                           | 100 – 109                                             |
| Tekanan darah tinggi peringkat 3<br>High blood pressure stage 3 | ≥ 180                                               | ≥ 110                                                 |



### 2 Kadar Denyutan Nadi

Pulse Rate

| Individu<br>Individual                                                        | Kadar rehat denyutan nadi (bpm)<br>Resting pulse rate (bpm) |
|-------------------------------------------------------------------------------|-------------------------------------------------------------|
| Bayi baru lahir<br>Newborn infants                                            | 100 – 160                                                   |
| Kanak-kanak (1 – 10 tahun)<br>Children (1 – 10 years old)                     | 70 – 120                                                    |
| Kanak-kanak atas 10 tahun dan dewasa<br>Children over 10 years old and adults | 60 – 100                                                    |
| Atlet yang terlatih<br>Well-trained athlete                                   | 40 – 60                                                     |



### 4 Indeks Jisim Badan

Body Mass Index (BMI)

| BMI (kg m <sup>-2</sup> ) | Kategori<br>Category                   |
|---------------------------|----------------------------------------|
| < 18.5                    | Kurang jisim badan<br>Underweight      |
| 18.5 – 24.9               | Jisim badan unggul<br>Desirable weight |
| 25.0 – 29.9               | Berlebihan jisim badan<br>Overweight   |
| ≥ 30.0                    | Obes<br>Obese                          |

