

# 程式說明:

## BMI 是什麼？

簡單的說，它是身體質量指數 **BODY MASS INDEX**。

根據世界衛生組織 (WHO) 的定義，BMI 在 23KG/ m<sup>2</sup>以上為過重，25KG/ m<sup>2</sup>以上為肥胖，肥胖與許多的疾病有相關，所以要多多注意自己的 BMI 值喔！ 算算您的 BMI 值吧！

**BMI 的公式為體重/(身高/100)<sup>2</sup>**

成人肥胖定義	身體質量指數 (BMI)(kg/m <sup>2</sup> )	腰圍(cm)
體重過輕	BMI<18.5	
健康體位	18.5<=BMI<24	
體位異常	過重：24<=BMI<27 輕度肥胖：27 <= BMI < 30 中度肥胖：30 <= BMI < 35 重度肥胖：BMI >= 35	男性：>= 90 公分 女性：>= 80 公分

# 程式畫面:

The screenshot shows a window titled 'Form1' with a light blue background. It contains three rows of labels and text boxes. The first row has the label '體重' (Weight) in blue and a text box containing '50'. The second row has the label '身高' (Height) in blue and a text box containing '165'. The third row has the label 'BMI' in blue and a text box containing '18.36547'. At the bottom center, there is a button with the text '計算BMI' (Calculate BMI).

## 程式碼:

```

Public Class Form1
    Dim a, b, c As Single
    Private Sub Form1_Activated(ByVal sender As Object, ByVal e As System.EventArgs)
Handles Me.Activated
        Label1.Text = "體重"
        Label2.Text = "身高"
        Label3.Text = "BMI"
        Button1.Text = "計算BMI"
    End Sub
    Private Sub Button1_Click(ByVal sender As Object, ByVal e As System.EventArgs)
Handles Button1.Click
        a = Val(TextBox1.Text)
        b = Val(TextBox2.Text)
        c = a / (b / 100) ^ 2
        TextBox3.Text = c
    End Sub
End Class

```

A=體重  
B=身高  
C=BMI

將體重與身高所  
計算出來的 BMI  
值輸入 C

## 心得:學會怎麼用程式計算 BMI