

BMI (Body Mass Index) -- Adult

Classification of Overweight and Obesity by Body Mass Index (BMI)		
	Obesity	BMI
Underweight		<18.5
Normal		18.5 – 24.9
Overweight		25.0 – 29.9
Obesity	I	30.0 – 34.9
	II	35.0 – 39.9
Extreme Obesity	III	≥ 40

NOTE: Do not use chart for children, body builders, some elderly, and pregnant women.

English formula: $\text{Weight (pounds)}/\text{height}^2 \text{ (inches x inches)} \times 703 = \text{your BMI}$

Metric formula: $\text{Weight in kilograms} \div [\text{height in meters}]^2 = \text{your BMI}$

Height (inches)		<24	25	26	27	28	29	30	32	34	36	38	40
4'10"	58	115	119	124	129	134	138	143	153	162	172	181	191
4'11"	59	119	124	128	133	138	143	148	158	168	178	188	198
5'0"	60	123	128	133	138	143	148	153	163	174	184	194	204
5'1"	61	127	132	137	143	148	153	158	169	180	190	201	211
5'2"	62	131	136	142	147	153	158	164	175	186	196	207	218
5'3"	63	135	141	146	152	158	163	169	180	191	203	214	225
5'4"	64	140	145	151	157	163	169	174	186	197	209	221	232
5'5"	65	144	150	156	162	168	174	180	192	204	216	228	240
5'6"	66	148	155	161	167	173	179	186	198	210	223	235	247
5'7"	67	153	159	166	172	178	185	191	204	217	230	242	255
5'8"	68	158	164	171	177	184	190	197	210	223	236	249	262
5'9"	69	162	169	176	182	189	196	203	216	230	243	257	270
5'10"	70	167	174	181	188	195	202	207	222	236	250	264	278
5'11"	71	172	179	186	193	200	208	215	229	243	257	272	286
6'0"	72	177	184	191	199	206	213	221	235	250	265	279	294
6'1"	73	182	189	197	204	212	219	227	242	257	272	288	302
6'2"	74	186	194	202	210	218	225	233	249	264	280	295	311
6'3"	75	192	200	208	216	224	232	240	256	272	287	303	319
6'4"	76	197	205	213	221	230	238	246	263	279	295	312	328

Find the patient's height in the left column. Move across that row toward the right to find his/her approximate weight. Then follow the weight column up to find his/her BMI in the red bar at the top.

Centers for Disease Control, National Institutes of Health