

Body Mass Index Chart

		Weight																																						
		120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350	360	370	380	390	400										
Height	4' 10"	25	27	29	31	33	36	38	40	42	44	46	48	50	52	54	56	59	61	63	65	67	69	71	73	75	77	79	82	84										
	4' 11"	24	26	28	30	32	34	36	38	40	42	44	46	48	50	53	55	57	59	61	63	65	67	69	71	73	75	77	79	81										
	5' 0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	62	64	66	68	70	72	74	76	78										
	5' 1"	23	25	26	28	30	32	34	36	38	40	42	43	45	47	49	51	53	55	57	59	60	62	64	66	68	70	72	74	76										
	5' 2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60	62	64	66	68	69	71	73										
	5' 3"	21	23	25	27	28	30	32	34	35	37	39	41	43	44	46	48	50	51	53	55	57	58	60	62	64	66	67	69	71										
	5' 4"	21	22	24	26	27	29	31	33	34	36	38	39	41	43	45	46	48	50	51	53	55	57	58	60	62	64	65	67	69										
	5' 5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55	57	58	60	62	63	65	67										
	5' 6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	48	50	52	53	55	56	58	60	61	63	65										
	5' 7"	19	20	22	23	25	27	28	30	31	33	34	36	38	39	41	42	44	45	47	49	50	52	53	55	56	58	60	61	63										
	5' 8"	18	20	21	23	24	26	27	29	30	32	33	35	36	38	40	41	43	44	46	47	49	50	52	53	55	56	58	59	61										
	5' 9"	18	19	21	22	24	25	27	28	30	31	32	34	35	37	38	40	41	43	44	46	47	49	50	52	53	55	56	58	59										
	5' 10"	17	19	20	22	23	24	26	27	29	30	32	33	34	36	37	39	40	42	43	44	46	47	49	50	52	53	55	56	57										
	5' 11"	17	18	20	21	22	24	25	26	28	29	31	32	33	35	36	38	39	40	42	43	45	46	47	49	50	52	53	54	56										
	6' 0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35	37	38	39	41	42	43	45	46	47	49	50	52	53	54										
	6' 1"	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	44	45	46	47	49	50	51	53										
	6' 2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41	42	44	45	46	48	49	50	51										
	6' 3"	15	16	17	19	20	21	22	24	25	26	27	29	30	31	32	34	35	36	37	39	40	41	42	44	45	46	47	49	50										
	6' 4"	15	16	17	18	19	21	22	23	24	26	27	28	29	30	32	33	34	35	37	38	39	40	41	43	44	45	46	47	49										

Body Mass Index Chart

A person's Body Mass Index is a measurement based on height in relation to weight and is closely linked to their body fat. BMI is designed to give patients and health professionals a way to measure when a person's weight is hazardous and the potential risk of developing health conditions based on excess weight.

* Disease risk for type 2 diabetes, hypertension, and CVD.

+ Increased waist circumference can be a marker for increased risk even in persons of normal weight.

Classification of Overweight and Obesity by BMI, Waist

Circumference and Associated Disease Risk*

	BMI	Disease Risk Relative to Normal Weight and Waiste Circumference	
		Obesity Class	Men ≤40 in >40 in Women ≤35 in >35 in
Underweight	18.5		- -
Normal	18.5-24.9		- -
Overweight	25.0-29.9		Increased High
Obesity	30.0-34.9	I	High Very High
	35.5-39.9	II	Very High Very High
Extreme Obesity	≥40	III	Extremely High Extremely High