

# Body Mass Index (BMI) Charts



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## Body Mass Index (BMI) Table for Adults

  Obese (>30)    
   Overweight (25-30)    
   Normal (18.5-25)    
   Underweight (<18.5)

| WEIGHT             | HEIGHT in feet/inches and centimeters |      |       |       |      |      |      |      |      |      |      |      |      |      |       |       |      |      |      |      |      |      |
|--------------------|---------------------------------------|------|-------|-------|------|------|------|------|------|------|------|------|------|------|-------|-------|------|------|------|------|------|------|
|                    | 4'8"                                  | 4'9" | 4'10" | 4'11" | 5'0" | 5'1" | 5'2" | 5'3" | 5'4" | 5'5" | 5'6" | 5'7" | 5'8" | 5'9" | 5'10" | 5'11" | 6'0" | 6'1" | 6'2" | 6'3" | 6'4" | 6'5" |
| lbs (kg)           | 142cm                                 | 147  | 150   | 152   | 155  | 157  | 160  | 163  | 165  | 168  | 170  | 173  | 175  | 178  | 180   | 183   | 185  | 188  | 191  | 193  | 196  |      |
| <b>260 (117.9)</b> | 58                                    | 56   | 54    | 53    | 51   | 49   | 48   | 46   | 45   | 43   | 42   | 41   | 40   | 38   | 37    | 36    | 35   | 34   | 33   | 32   | 32   | 31   |
| 255 (115.7)        | 57                                    | 55   | 53    | 51    | 50   | 48   | 47   | 45   | 44   | 42   | 41   | 40   | 39   | 38   | 37    | 36    | 35   | 34   | 33   | 32   | 31   | 30   |
| <b>250 (113.4)</b> | 56                                    | 54   | 52    | 50    | 49   | 47   | 46   | 44   | 43   | 42   | 40   | 39   | 38   | 37   | 36    | 35    | 34   | 33   | 32   | 31   | 30   | 30   |
| 245 (111.1)        | 55                                    | 53   | 51    | 49    | 48   | 46   | 45   | 43   | 42   | 41   | 40   | 38   | 37   | 36   | 35    | 34    | 33   | 32   | 31   | 31   | 30   | 29   |
| <b>240 (108.9)</b> | 54                                    | 52   | 50    | 48    | 47   | 45   | 44   | 43   | 41   | 40   | 39   | 38   | 36   | 35   | 34    | 33    | 33   | 32   | 31   | 30   | 29   | 28   |
| 235 (106.6)        | 53                                    | 51   | 49    | 47    | 46   | 44   | 43   | 42   | 40   | 39   | 38   | 37   | 36   | 35   | 34    | 33    | 32   | 31   | 30   | 29   | 29   | 28   |
| <b>230 (104.3)</b> | 52                                    | 50   | 48    | 46    | 45   | 43   | 42   | 41   | 39   | 38   | 37   | 36   | 35   | 34   | 33    | 32    | 31   | 30   | 30   | 29   | 28   | 27   |
| 225 (102.1)        | 50                                    | 49   | 47    | 45    | 44   | 43   | 41   | 40   | 39   | 37   | 36   | 35   | 34   | 33   | 32    | 31    | 31   | 30   | 29   | 28   | 27   | 27   |
| <b>220 (99.8)</b>  | 49                                    | 48   | 46    | 44    | 43   | 42   | 40   | 39   | 38   | 37   | 36   | 34   | 33   | 32   | 32    | 31    | 30   | 29   | 28   | 27   | 27   | 26   |
| 215 (97.5)         | 48                                    | 47   | 45    | 43    | 42   | 41   | 39   | 38   | 37   | 36   | 35   | 34   | 33   | 32   | 31    | 30    | 29   | 28   | 28   | 27   | 26   | 25   |
| <b>210 (95.3)</b>  | 47                                    | 45   | 44    | 42    | 41   | 40   | 38   | 37   | 36   | 35   | 34   | 33   | 32   | 31   | 30    | 29    | 28   | 28   | 27   | 26   | 26   | 25   |
| 205 (93.0)         | 46                                    | 44   | 43    | 41    | 40   | 39   | 37   | 36   | 35   | 34   | 33   | 32   | 31   | 30   | 29    | 29    | 28   | 27   | 26   | 26   | 25   | 24   |
| <b>200 (90.7)</b>  | 45                                    | 43   | 42    | 40    | 39   | 38   | 37   | 35   | 34   | 33   | 32   | 31   | 30   | 30   | 29    | 28    | 27   | 26   | 26   | 25   | 24   | 24   |
| 195 (88.5)         | 44                                    | 42   | 41    | 39    | 38   | 37   | 36   | 35   | 33   | 32   | 31   | 31   | 30   | 29   | 28    | 27    | 26   | 26   | 25   | 24   | 24   | 23   |
| <b>190 (86.2)</b>  | 43                                    | 41   | 40    | 38    | 37   | 36   | 35   | 34   | 33   | 32   | 31   | 30   | 29   | 28   | 27    | 26    | 26   | 25   | 24   | 24   | 23   | 23   |
| 185 (83.9)         | 41                                    | 40   | 39    | 37    | 36   | 35   | 34   | 33   | 32   | 31   | 30   | 29   | 28   | 27   | 27    | 26    | 25   | 24   | 24   | 23   | 23   | 22   |
| <b>180 (81.6)</b>  | 40                                    | 39   | 38    | 36    | 35   | 34   | 33   | 32   | 31   | 30   | 29   | 28   | 27   | 27   | 26    | 25    | 24   | 24   | 23   | 22   | 22   | 21   |
| 175 (79.4)         | 39                                    | 38   | 37    | 35    | 34   | 33   | 32   | 31   | 30   | 29   | 28   | 27   | 27   | 26   | 25    | 24    | 24   | 23   | 22   | 22   | 21   | 21   |
| <b>170 (77.1)</b>  | 38                                    | 37   | 36    | 34    | 33   | 32   | 31   | 30   | 29   | 28   | 27   | 27   | 26   | 25   | 24    | 24    | 23   | 22   | 22   | 21   | 21   | 20   |
| 165 (74.8)         | 37                                    | 36   | 34    | 33    | 32   | 31   | 30   | 29   | 28   | 27   | 27   | 26   | 25   | 24   | 24    | 23    | 22   | 22   | 21   | 21   | 20   | 20   |
| <b>160 (72.6)</b>  | 36                                    | 35   | 33    | 32    | 31   | 30   | 29   | 28   | 27   | 27   | 26   | 25   | 24   | 24   | 23    | 22    | 22   | 21   | 21   | 20   | 19   | 19   |
| 155 (70.3)         | 35                                    | 34   | 32    | 31    | 30   | 29   | 28   | 27   | 27   | 26   | 25   | 24   | 24   | 23   | 22    | 22    | 21   | 20   | 20   | 19   | 19   | 18   |
| <b>150 (68.0)</b>  | 34                                    | 32   | 31    | 30    | 29   | 28   | 27   | 27   | 26   | 25   | 24   | 23   | 23   | 22   | 22    | 21    | 20   | 20   | 19   | 19   | 18   | 18   |
| 145 (65.8)         | 33                                    | 31   | 30    | 29    | 28   | 27   | 27   | 26   | 25   | 24   | 23   | 23   | 22   | 21   | 21    | 20    | 20   | 19   | 19   | 18   | 18   | 17   |
| <b>140 (63.5)</b>  | 31                                    | 30   | 29    | 28    | 27   | 26   | 26   | 25   | 24   | 23   | 23   | 22   | 21   | 21   | 20    | 20    | 19   | 18   | 18   | 17   | 17   | 17   |
| 135 (61.2)         | 30                                    | 29   | 28    | 27    | 26   | 26   | 25   | 24   | 23   | 22   | 22   | 21   | 21   | 20   | 19    | 19    | 18   | 18   | 17   | 17   | 16   | 16   |
| <b>130 (59.0)</b>  | 29                                    | 28   | 27    | 26    | 25   | 25   | 24   | 23   | 22   | 22   | 21   | 20   | 20   | 19   | 19    | 18    | 18   | 17   | 17   | 16   | 16   | 15   |
| 125 (56.7)         | 28                                    | 27   | 26    | 25    | 24   | 24   | 23   | 22   | 21   | 21   | 20   | 20   | 19   | 18   | 18    | 17    | 17   | 16   | 16   | 15   | 15   | 15   |
| <b>120 (54.4)</b>  | 27                                    | 26   | 25    | 24    | 23   | 23   | 22   | 21   | 21   | 20   | 19   | 19   | 18   | 18   | 17    | 17    | 16   | 16   | 15   | 15   | 15   | 14   |
| 115 (52.2)         | 26                                    | 25   | 24    | 23    | 22   | 22   | 21   | 20   | 20   | 19   | 19   | 18   | 17   | 17   | 16    | 16    | 16   | 15   | 15   | 14   | 14   | 14   |
| <b>110 (49.9)</b>  | 25                                    | 24   | 23    | 22    | 21   | 21   | 20   | 19   | 19   | 18   | 18   | 17   | 17   | 16   | 16    | 15    | 15   | 15   | 14   | 14   | 13   | 13   |
| 105 (47.6)         | 24                                    | 23   | 22    | 21    | 21   | 20   | 19   | 19   | 18   | 17   | 17   | 16   | 16   | 16   | 15    | 15    | 14   | 14   | 13   | 13   | 13   | 12   |
| <b>100 (45.4)</b>  | 22                                    | 22   | 21    | 20    | 20   | 19   | 18   | 18   | 17   | 17   | 16   | 16   | 15   | 15   | 14    | 14    | 14   | 13   | 13   | 12   | 12   | 12   |
| 95 (43.1)          | 21                                    | 21   | 20    | 19    | 19   | 18   | 17   | 17   | 16   | 16   | 15   | 15   | 14   | 14   | 14    | 13    | 13   | 13   | 12   | 12   | 12   | 11   |
| <b>90 (40.8)</b>   | 20                                    | 19   | 19    | 18    | 18   | 17   | 16   | 16   | 15   | 15   | 15   | 14   | 14   | 13   | 13    | 13    | 12   | 12   | 12   | 11   | 11   | 11   |
| 85 (38.6)          | 19                                    | 18   | 18    | 17    | 17   | 16   | 16   | 15   | 15   | 14   | 14   | 13   | 13   | 13   | 12    | 12    | 12   | 11   | 11   | 11   | 10   | 10   |
| <b>80 (36.3)</b>   | 18                                    | 17   | 17    | 16    | 16   | 15   | 15   | 14   | 14   | 13   | 13   | 13   | 12   | 12   | 11    | 11    | 11   | 11   | 10   | 10   | 10   | 9    |

Note: BMI values rounded to the nearest whole number. BMI categories based on CDC (Centers for Disease Control and Prevention) criteria.  
 BMI = Weight[kg] / ( Height[m] x Height[m] ) = 703 x Weight[lb] / ( Height[in] x Height[in] ) © 2009 Vertex42 LLC

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