

BODY MASS INDEX (BMI) FOR ADULTS

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI is an easy way to estimate body fatness for most people. It is used to screen for weight categories that may lead to health problems. The healthiest BMI for adults is 19 to 24. Numbers in this chart were rounded up for ease of use.

Use this table to calculate your BMI. Find your height in the far left column. Then find your weight in the top row. Where your height and weight meet is your BMI.

Height	Weight in Pounds																						
	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320
4'9"	22	24	26	28	30	33	35	37	39	41	43	45	48	50	52	54	56	58	61	63	65	67	69
5'0"	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63
5'1"	19	21	23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51	53	55	57	59	61
5'2"	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59
5'3"	18	19	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53	55	57
5'4"	18	19	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55
5'5"	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53
5'6"	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52
5'7"	16	17	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47	49	50
5'8"	15	17	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49
5'9"	15	16	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44	46	47
5'10"	14	16	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46
5'11"	14	15	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42	43	45
6'0"	14	15	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	42	43
6'1"	13	15	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42
6'2"	13	14	15	17	18	19	21	21	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41
6'3"	13	14	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36	38	39	40
6'4"	12	13	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37	38	39

Example, if you are 5'4" and weigh 140 lbs, your BMI = 24. If you are 6' and weigh 170 lbs, your BMI = 23. You are in the green zone and have a healthy weight.

If your BMI is under 19, you are underweight

You may get sick often or feel sad and tired. Ask your health care provider about what you can do to put on weight. **For women:** You may have bone loss, low iron or no monthly periods. Getting pregnant while underweight can also be risky and lead to health problems for both mom and baby.

If your BMI is between 19 and 24, you are a healthy weight

Keep up the good work by eating smart and moving more. Staying in this range reduces your risk of diseases like diabetes and high blood pressure. Check your BMI at least once a year to make sure you stay on the right track.

If your BMI is between 25 and 29, you are overweight

You are more likely to develop diabetes and high blood pressure. The good news is you can improve your health by losing as little as 10 to 20 pounds. **For women:** Getting pregnant while overweight can increase health risks for both mom and baby, such as premature birth and certain types of birth defects.

If your BMI is 30 to 39, you are obese

You may have diabetes, heart disease or high blood pressure and are at a higher risk for stroke and certain types of cancer. Making small changes over time will add up fast and move you toward a healthier weight. **For women:** Getting pregnant while obese can increase health risks for both mom and baby, such as premature birth and certain types of birth defects.

If your BMI is over 40, you are severely obese

Talk to your health care provider about the best way for you to lose weight.

This chart is for adults 20 years or older.

For child and teen BMI calculation (age 2-19), go to <http://apps.nccd.cdc.gov/dnpabmi/>