Body Mass Index (BMI), Nomogram

This BMI nomogram is not intended for use with those under 18 years of age, or pregnant and lactating women.

	Normal						Overweight					Obese						
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
Height (inches)	Body Weight (pounds)																	
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265

	Normal						Overweight					Obese						
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
Height (inches)	Body Weight (pounds)																	
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295

	Obese			**Extreme Obesity**														
BMI	**37**	**38**	**39**	**40**	**41**	**42**	**43**	**44**	**45**	**46**	**47**	**48**	**49**	**50**	**51**	**52**	**53**	**54**
Height (inch)	**Body Weight (pounds)**																	
58	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344

	Obese			Extreme Obesity														
BMI	**37**	**38**	**39**	**40**	**41**	**42**	**43**	**44**	**45**	**46**	**47**	**48**	**49**	**50**	**51**	**52**	**53**	**54**
Height (inch)	**Body Weight (pounds)**																	
68	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

Source: Adapted from Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report.

To estimate BMI, locate the point on the chart where height and weight intersect. Read the number closest to this point. This is your Body Mass Index.

You can also calculate your BMI using this formula:
BMI = weight (kg)/height(m)2

HEALTH RISK CLASSIFICATION ACCORDING TO BODY MASS INDEX (BMI)

Classification	**BMI Category (kg/m2)**	**Risk of developing health problems**
Underweight.	< 18.5	Increased.
Normal Weight.	18.5 - 24.9	Least.
Overweight.	25.0 - 29.9	Increased.
Obese class.	30.0 - 34.9	High.
Obese class II.	35.0 - 39.9	Very high.
Obese class III.	=40.0	Extremely high.

Note: For persons 65 years and older the 'normal' range may begin slightly above BMI 18.5 and extend into the 'overweight' range.

- To clarify risk for each individual, other factors also need to be considered, such as:
  - Lifestyle habits.
  - Fitness level.
  - Presence or absence of other health risk conditions.
- The classification system may underestimate or overestimate health risks in certain adults, such as:
  - Highly muscular adults.
  - Adults who naturally have a very lean body build.
  - Young adults who have not reached full growth.
  - Adults over 65 years of age.
- Very muscular adults, such as athletes, may have a low percentage of body fat but a large amount of muscle tissue. This can result in a BMI in the overweight range. That may over estimate the risk of developing health problems.
- For people who naturally have a very lean body build or for young adults who have not attained their full growth, a BMI just below the 'normal weight' range may not indicate an increased health risk.
- For adults over age 65, more research is needed to determine if the cut-off points for the 'normal weight' range differ in any way from those for younger adults.
- It is also important to note that BMI and WC are only one part of a health risk assessment. To further clarify risk, other factors need to be considered as well.
- Age, inherited traits, presence or absence of other conditions such as diabetes, high blood lipids, hypertension, and high blood glucose levels also influence the development of diseases associated with overweight. Risk factors such as poor eating habits, physical inactivity, and tobacco use can play a role in the development of diseases associated with both overweight and underweight.

Consult a caregiver for a more complete assessment of your weight as it relates to health risk. It is important to discuss with your caregiver what BMI and WC mean for you as an individual. Maintaining a 'normal weight' is one element of good health. However, unhealthy eating habits, low levels of physical activity and tobacco use will increase the risk of health problems even for those within the 'normal weight' range.

Being overweight indicates some risk to health. But research suggests that regular physical activity can decrease the risk of several health problems. Equally, a nutritious diet has been shown to decrease some of the risks associated with overweight.

It is important to emphasize that a weight classification system is but one tool to assess health risks in individuals.

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