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# Body Mass Index (BMI) Nomogram

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This BMI nomogram is not intended for use with:

- those under 18 years of age,
- and pregnant and lactating women.

Visit the [Question and Answer \(Q & A\)](#) section for more information about weight classification and answers to questions about weight and health.

## **BMI Chart**

You can also calculate your BMI using this formula:

$$\text{BMI} = \text{weight}(\text{kg}) / \text{height}(\text{m})^2$$



[Pregnancy Weight  
Gain Calculator](#)

## Health Risk Classification According to Body Mass Index (BMI)

Classification	BMI Category (kg/m <sup>2</sup> )	Risk of developing health problems
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Underweight	< 18.5	Increased
Normal Weight	18.5 - 24.9	Least
Overweight	25.0 - 29.9	Increased
Obese class I	30.0 - 34.9	High
Obese class II	35.0 - 39.9	Very high
Obese class III	$\geq 40.0$	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.*

Source: Health Canada. Canadian Guidelines for Body Weight Classification in Adults. Ottawa: Minister of Public Works and Government Services Canada; 2003.

**To clarify risk for each individual, other factors such as lifestyle habits, fitness level, and presence or absence of other health risk conditions also need to be considered.**

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