

BMI CHART

		Weight lbs / kg																											
Height		90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290							
ft/in	cm	41	45	50	54	59	64	68	73	77	82	86	91	95	100	104	109	113	118	122	127	132							
4'8"	144,2	20	22	25	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65							
4'9"	144,7	19	22	24	26	28	30	32	35	37	39	41	43	45	48	50	52	54	56	58	61	63							
4'10"	147,3	19	21	23	25	27	29	31	33	36	38	40	42	44	46	48	50	52	54	56	59	61							
4'11"	149,8	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	51	53	55	57	59							
4'12"	152,4	18	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57							
5'1"	154,9	17	19	21	23	25	26	28	30	32	34	36	38	40	42	43	45	47	49	51	53	55							
5'2"	157,4	16	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53							
5'3"	160,0	16	18	19	21	23	25	27	28	30	32	34	35	37	39	41	43	44	46	48	50	51							
5'4"	162,5	15	17	19	21	22	24	26	27	29	31	33	34	36	38	39	41	43	45	46	48	50							
5'5"	165,1	15	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48							
5'6"	167,6	15	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47							
5'7"	170,1	14	16	17	19	20	22	24	25	27	28	30	31	33	34	36	38	39	41	42	44	45							
5'8"	172,2	14	15	17	18	20	21	23	24	26	27	29	30	32	33	35	37	38	40	41	43	44							
5'9"	175,2	13	15	16	18	19	21	22	24	25	27	28	30	31	33	34	35	37	38	40	41	43							
5'10"	177,8	13	14	16	17	19	20	22	23	24	26	27	29	30	32	33	34	36	37	39	40	42							
5'11"	180,3	13	14	15	17	18	20	21	22	24	25	27	28	29	31	32	33	35	36	38	39	40							
5'12"	182,8	12	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35	37	38	39							
6'1"	185,4	12	13	15	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38							
6'2"	187,9	12	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37							
6'3"	190,5	11	13	14	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36							
6'4"	193,0	11	12	13	15	16	17	18	19	21	22	23	24	26	27	28	29	30	32	33	34	35							
6'5"	195,5	11	12	13	14	15	17	18	19	20	21	23	24	25	26	27	28	30	31	32	33	34							
6'6"	198,1	10	12	13	14	15	16	17	18	20	21	22	23	24	25	27	28	29	30	31	32	34							
6'7"	200,6	10	11	12	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33							
6'8"	203,2	10	11	12	13	14	15	16	18	19	20	21	22	23	24	25	26	27	29	30	31	32							
6'9"	205,7	10	11	12	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31							
6'10"	208,2	09	10	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30							
6'11"	210,8	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	25	26	27	28	29	30							



UNDERWEIGHT



HEALTHY



OVERWEIGHT



OBESE



EXTREMELY
OVERWEIGHT

How is BMI interpreted for adults?

For adults 20 years old and older, BMI is interpreted using standard weight status categories. These categories are the same for men and women of all body types and ages.

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Healthy Weight
25.0 – 29.9	Overweight
30.0 and Above	Obesity

For example, here are the weight ranges, the corresponding BMI ranges, and the weight status categories for a person who is 5' 9".

Height	Weight Range	BMI	Weight Status
5' 9"	124 lbs or less	Below 18.5	Underweight
	125 lbs to 168 lbs	18.5 to 24.9	Healthy Weight
	169 lbs to 202 lbs	25.0 to 29.9	Overweight
	203 lbs or more	30 or higher	Obesity