



MARCH 19, 2024

Adult BMI Categories

AT A GLANCE

BMI is a calculated measure of body weight relative to height. For adults, BMI categories are underweight, healthy weight, overweight, and obesity. Obesity is further subdivided into three classes. BMI is a screening measure. BMI should be considered with other factors when assessing an individual's health.



BMI categories for adults

BMI is a calculation of a body person's weight (in kilograms) divided by the square of their height (in meters). For adults 20 and older, BMI categories are based on a person's BMI regardless of age, sex, or race.

BMI categories for adults 20 and older:

BMI Category	BMI Range (kg/m ²)
Underweight	Less than 18.5
Healthy Weight	18.5 to less than 25
Overweight	25 to less than 30
Obesity	30 or greater
Class 1 Obesity	30 to less than 35
Class 2 Obesity	35 to less than 40
Class 3 Obesity (Severe Obesity)	40 or greater

BMI is a screening measure

BMI is one potential health indicator. It should be considered with other factors when assessing an individual's health. If you have questions about your BMI, talk with your health care provider. Read more [About BMI](#).

Keep Reading:

[BMI Frequently Asked Questions](#)

Adult BMI example

Example of weight and BMI categories for an adult who is 5 feet and 9 inches tall.

Weight Range	BMI Range	BMI Category
124 pounds or less	Less than 18.5	Underweight
125 to 168 pounds	18.5 to <25	Healthy Weight
169 to 202 pounds	25 to <30	Overweight
203 pounds or more	30 or greater	Obesity
203 to 236 pounds	30 to <35	Class 1 Obesity
237 to 270 pounds	35 to <40	Class 2 Obesity
271 pounds or more	40 or greater	Class 3 Obesity (Severe Obesity)

Adult BMI calculator

To calculate BMI for adults 20 and older, use [CDC's Adult BMI Calculator](#). The BMI Calculator is not intended to be a substitute for professional medical advice.

To calculate BMI and BMI percentile for people 2 through 19, use [CDC's Child and Teen BMI Calculator](#).



Adult BMI Calculator
BMI calculator for adults aged 20 years and older.
JUNE 26, 2024



Child and Teen BMI Calculator
BMI and BMI percentile calculator for children and teens ages 2 to 19 years.
JUNE 26, 2024

Person-First Language



CDC encourages the use of the person-first language when discussing obesity and other chronic diseases. For example, say "adults with obesity" rather than "obese adults". Read more about [People-First Language for Obesity](#) [PDF](#) or [Weight Bias and Stigma](#).

Explore more

[About Body Mass Index \(BMI\)](#)

Information about how BMI is a screening, individual health, and population health measure.

[BMI Frequently Asked Questions](#)

Frequently asked questions about BMI, including how it is used and how it should be interpreted.

[Child and Teen BMI Categories](#)

Obesity in children and teens is defined as a BMI at or above the 95th percentile for sex and age.

[About Healthy Weight and Growth](#)

Tips for eating healthy foods and beverages, being physically active, and helping children.

[Obesity](#)

CDC's Obesity efforts focus on policy and environmental strategies to make healthy eating and active...

SOURCES

CONTENT SOURCE:

[National Center for Chronic Disease Prevention and Health Promotion \(NCCDPHP\); About the Division of Nutrition, Physical Activity, and Obesity](#)