

BMI data: Analysis of BMI (Body Mass Index) and desires (weight gain/loss/maintenance)

Reported Height:

	Mean	Median	Standard Deviation
Male	71.67 inches	72.00 inches	3.15 inches
Female	65.61 inches	65 inches	2.88 inches

Reported Weight:

	Mean	Median	Standard Deviation
Male	184.69 lbs	180 lbs	34.38lbs
Female	139.98 lbs	135 lbs	25.53 lbs

Mean BMI (based on mean height and weight):

	BMI kg/m ²
Male	25.28
Female	22.86

	BMI
Underweight	Below 18.5
Normal	18.5 - 24.9
Overweight	25.0 - 29.9
Obese	30.0 and Above

Respondents' description of their weight:

	Male freq.	%	Female freq.	%	Unknown freq.	%	Total freq.	%
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Very underweight	3	1	1	0	1	4	5	0.6
Slightly underweight	54	13	29	7	3	13	86	10.4
About the right weight	230	56	258	66	10	44	498	60.3
Slightly overweight	113	28	100	26	8	35	221	26.8
Very overweight	11	3	4	1	1	4	16	1.9

Current attempts to change weight:

	Male freq.	%	Female freq.	%	Unknown freq.	%	Total freq.	%
Not trying to do anything	42	10	27	7	3	14	72	8.7
Stay the same weight	117	29	95	24	2	10	214	26
Lose weight	164	40	266	68	11	52	441	53.6
Gain weight	88	21	3	1	5	24	96	11.7