

Healthy Weight Chart for Asian Adults តារាងទម្ងន់ដែលមានសុខភាពល្អសំរាប់មនុស្សពេញវ័យជនជាតិអាស៊ី

Height កម្ពស់ (in cm)	Weight ទម្ងន់ (kg)							Index ឈ្នួល	
	Underweight ទំនួលម្ហូប (less than 55 kg)	Healthy Weight ទំនួលដែលមានសុខភាពល្អ			Overweight ឆ្អឹងទំនួល			BMI ឈ្នួល	Weight category ប្រភេទទម្ងន់
		Underweight ទំនួលម្ហូប	Healthy Weight ទំនួលដែលមានសុខភាពល្អ	Overweight ឆ្អឹងទំនួល					
122	< 27.5	27.5	-	34.1	34.2	-	40.9	>	40.9
123	< 28.0	28.0	-	34.7	34.8	-	41.6	>	41.6
124	< 28.4	28.4	-	35.3	35.4	-	42.3	>	42.3
125	< 28.9	28.9	-	35.8	35.9	-	43.0	>	43.0
126	< 29.4	29.4	-	36.4	36.5	-	43.7	>	43.7
127	< 29.8	29.8	-	37.0	37.1	-	44.4	>	44.4
128	< 30.3	30.3	-	37.6	37.7	-	45.1	>	45.1
129	< 30.8	30.8	-	38.2	38.3	-	45.8	>	45.8
130	< 31.3	31.3	-	38.8	38.9	-	46.5	>	46.5
131	< 31.7	31.7	-	39.4	39.5	-	47.2	>	47.2
132	< 32.2	32.2	-	40.0	40.1	-	47.9	>	47.9
133	< 32.7	32.7	-	40.6	40.7	-	48.6	>	48.6
134	< 33.2	33.2	-	41.2	41.3	-	49.4	>	49.4
135	< 33.7	33.7	-	41.8	41.9	-	50.1	>	50.1
136	< 34.2	34.2	-	42.4	42.5	-	50.9	>	50.9
137	< 34.7	34.7	-	43.1	43.2	-	51.6	>	51.6
138	< 35.2	35.2	-	43.7	43.8	-	52.4	>	52.4
139	< 35.7	35.7	-	44.3	44.4	-	53.1	>	53.1
140	< 36.3	36.3	-	45.0	45.1	-	53.9	>	53.9
141	< 36.8	36.8	-	45.6	45.7	-	54.7	>	54.7
142	< 37.3	37.3	-	46.3	46.4	-	55.5	>	55.5
143	< 37.8	37.8	-	46.9	47.0	-	56.2	>	56.2
144	< 38.4	38.4	-	47.6	47.7	-	57.0	>	57.0
145	< 38.9	38.9	-	48.3	48.4	-	57.8	>	57.8
146	< 39.4	39.4	-	48.9	49.0	-	58.6	>	58.6
147	< 40.0	40.0	-	49.6	49.7	-	59.4	>	59.4
148	< 40.5	40.5	-	50.3	50.4	-	60.2	>	60.2
149	< 41.1	41.1	-	51.0	51.1	-	61.1	>	61.1
150	< 41.6	41.6	-	51.7	51.8	-	61.9	>	61.9
151	< 42.2	42.2	-	52.3	52.4	-	62.7	>	62.7
152	< 42.7	42.7	-	53.0	53.1	-	63.5	>	63.5
153	< 43.3	43.3	-	53.7	53.8	-	64.4	>	64.4
154	< 43.9	43.9	-	54.4	54.5	-	65.2	>	65.2
155	< 44.4	44.4	-	55.2	55.3	-	66.1	>	66.1
156	< 45.0	45.0	-	55.9	56.0	-	66.9	>	66.9
157	< 45.6	45.6	-	56.6	56.7	-	67.8	>	67.8
158	< 46.2	46.2	-	57.3	57.4	-	68.7	>	68.7
159	< 46.8	46.8	-	58.0	58.1	-	69.5	>	69.5
160	< 47.4	47.4	-	58.8	58.9	-	70.4	>	70.4
161	< 48.0	48.0	-	59.5	59.6	-	71.3	>	71.3
162	< 48.6	48.6	-	60.3	60.4	-	72.2	>	72.2
163	< 49.2	49.2	-	61.0	61.1	-	73.1	>	73.1
164	< 49.8	49.8	-	61.8	61.9	-	74.0	>	74.0
165	< 50.4	50.4	-	62.5	62.6	-	74.9	>	74.9
166	< 51.0	51.0	-	63.3	63.4	-	75.8	>	75.8
167	< 51.6	51.6	-	64.0	64.1	-	76.7	>	76.7
168	< 52.2	52.2	-	64.8	64.9	-	77.6	>	77.6
169	< 52.8	52.8	-	65.6	65.7	-	78.5	>	78.5
170	< 53.5	53.5	-	66.4	66.5	-	79.5	>	79.5
171	< 54.1	54.1	-	67.2	67.3	-	80.4	>	80.4
172	< 54.7	54.7	-	67.9	68.0	-	81.4	>	81.4
173	< 55.4	55.4	-	68.7	68.8	-	82.3	>	82.3
174	< 56.0	56.0	-	69.5	69.6	-	83.3	>	83.3
175	< 56.7	56.7	-	70.3	70.4	-	84.2	>	84.2
176	< 57.3	57.3	-	71.1	71.2	-	85.2	>	85.2
177	< 58.0	58.0	-	72.0	72.1	-	86.2	>	86.2
178	< 58.6	58.6	-	72.8	72.9	-	87.1	>	87.1
179	< 59.3	59.3	-	73.6	73.7	-	88.1	>	88.1
180	< 59.9	59.9	-	74.4	74.5	-	89.1	>	89.1
181	< 60.6	60.6	-	75.3	75.4	-	90.1	>	90.1
182	< 61.3	61.3	-	76.1	76.2	-	91.1	>	91.1
183	< 62.0	62.0	-	76.9	77.0	-	92.1	>	92.1
184	< 62.6	62.6	-	77.8	77.9	-	93.1	>	93.1
185	< 63.3	63.3	-	78.6	78.7	-	94.1	>	94.1
186	< 64.0	64.0	-	79.5	79.6	-	95.1	>	95.1
187	< 64.7	64.7	-	80.3	80.4	-	96.2	>	96.2
188	< 65.4	65.4	-	81.2	81.3	-	97.2	>	97.2
189	< 66.1	66.1	-	82.1	82.2	-	98.2	>	98.2
190	< 66.8	66.8	-	82.9	83.0	-	99.3	>	99.3

[illegible]