

## Healthy Weight Chart for Asian Adults តារាងទម្ងន់ដែលមានសុខភាពល្អសំរាប់មនុស្សពេញវ័យជនជាតិអាស៊ី

Height កម្ពស់ (ft / in)	Weight ទម្ងន់ (lbs)			
	Underweight ខ្វះទម្ងន់ (less than តិចជាង)	Healthy ដែលមានសុខភាពល្អ Weight ទម្ងន់	Overweight លើសទម្ងន់	Obese ឆាត់ (more than ច្រើនជាង)
4' 0"	< 60.6	60.6 - 75.3	75.4 - 90.1	> 90.1
4' 1"	< 63.2	63.2 - 78.4	78.5 - 93.9	> 93.9
4' 2"	< 65.8	65.8 - 81.7	81.8 - 97.8	> 97.8
4' 3"	< 68.4	68.4 - 85.0	85.1 - 101.7	> 101.7
4' 4"	< 71.2	71.2 - 88.4	88.5 - 105.8	> 105.8
4' 5"	< 73.9	73.9 - 91.8	91.9 - 109.9	> 109.9
4' 6"	< 76.7	76.7 - 95.3	95.4 - 114.1	> 114.1
4' 7"	< 79.6	79.6 - 98.9	99.0 - 118.3	> 118.3
4' 8"	< 82.5	82.5 - 102.5	102.6 - 122.7	> 122.7
4' 9"	< 85.5	85.5 - 106.2	106.3 - 127.1	> 127.1
4' 10"	< 88.5	88.5 - 109.9	110.0 - 131.6	> 131.6
4' 11"	< 91.6	91.6 - 113.8	113.9 - 136.2	> 136.2
5' 0"	< 94.7	94.7 - 117.7	117.8 - 140.8	> 140.8
5' 1"	< 97.9	97.9 - 121.6	121.7 - 145.5	> 145.5
5' 2"	< 101.1	101.1 - 125.7	125.8 - 150.4	> 150.4
5' 3"	< 104.4	104.4 - 129.7	129.8 - 155.2	> 155.2
5' 4"	< 107.8	107.8 - 133.9	134.0 - 160.2	> 160.2
5' 5"	< 111.2	111.2 - 138.1	138.2 - 165.3	> 165.3
5' 6"	< 114.6	114.6 - 142.4	142.5 - 170.4	> 170.4
5' 7"	< 118.1	118.1 - 146.8	146.9 - 175.6	> 175.6
5' 8"	< 121.7	121.7 - 151.2	151.3 - 180.9	> 180.9
5' 9"	< 125.3	125.3 - 155.6	155.7 - 186.2	> 186.2
5' 10"	< 128.9	128.9 - 160.2	160.3 - 191.7	> 191.7
5' 11"	< 132.6	132.6 - 164.8	164.9 - 197.2	> 197.2
6' 0"	< 136.4	136.4 - 169.5	169.6 - 202.8	> 202.8
6' 1"	< 140.2	140.2 - 174.2	174.3 - 208.4	> 208.4
6' 2"	< 144.1	144.1 - 179.0	179.1 - 214.2	> 214.2
6' 3"	< 148.0	148.0 - 183.9	184.0 - 220.0	> 220.0
6' 4"	< 152.0	152.0 - 188.9	189.0 - 225.9	> 225.9
6' 5"	< 156.0	156.0 - 193.9	194.0 - 231.9	> 231.9
6' 6"	< 160.1	160.1 - 198.9	199.0 - 238.0	> 238.0

កំណត់ចំណាំ: ទម្ងន់ប្រែប្រួលដោយយោងទៅតាមការគណនាសន្ទស្រីម៉ាស់របស់រាងកាយដែលផ្តល់ដោយអង្គការសុខភាពពិភពលោកសំរាប់ជនជាតិអាស៊ី។ ខ្វះទម្ងន់គឺតិចជាង BMI 18.5។ ទម្ងន់ដែលមានសុខភាពល្អ គឺ ចាប់ពី BMI 18.5 រហូតដល់តិចជាង 23.0។ លើសទម្ងន់គឺចាប់ពី BMI 23.0 រហូតដល់ 27.5។ ឆាត់ គឺ លើសពី BMI 27.5។

នេះ "តារាងទម្ងន់ដែលមានសុខភាពល្អ" ត្រូវបានបង្កើតឡើងដោយមជ្ឈមណ្ឌលស្រាវជ្រាវជនជាតិអាស៊ីរស់នៅអាមេរិកស្ថិតិសុខភាព

(www.AsianARCH.org) ដោយមានការគាំទ្រថវិកាពីថ្នាក់កំណែទម្រង់ការស្រាវជ្រាវជំងឺ (22RT-0089, PI: Tsoh) និងវិទ្យាស្ថានស្រាវជ្រាវ (AD-12-11-4615, PI: Nguyen).

**Healthy Weight Chart for Asian Adults តារាងទម្ងន់ដែលមានសុខភាពល្អសំរាប់មនុស្សពេញវ័យជនជាតិអាស៊ី**

Height កម្ពស់ (in cm)	Weight ទម្ងន់ (kg)								Index ឈ្នួល	
	Underweight ទំនួលមិនគ្រប់គ្រាន់ (less than 18.5 kg)	Healthy Weight ទំនួលដែលមានសុខភាពល្អ			Overweight ធ្ងន់មិនគ្រប់គ្រាន់			Obesity ឈ្នួលធ្ងន់		
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]