

**Talaan ng Malusog at Tamang Timbang para sa mga nasa Sapat na Gulang na Asyano**

Taas (in cm)	Timbang (kg)			
	Mababang Timbang (mas mababa sa)	Malusog at Tamang Timbang	Sobra ang Timbang	Obesidad (mas mahigit sa)
	"Underweight"	"Healthy Weight"	"Overweight"	"Obese"
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

Note: Ang sakiaw ng mga timbang ay base sa "Body Mass Index " o "BMI" na nirekomenda ng World Health Organization (WHO) para sa mga Asyano. Ang "underweight" ay may BMI na mas mababa sa 18.5. Ang "healthy weight" ay BMI mula 18.5 hanggang 23. Ang 23 hanggang 27.5 ay "overweight". Ang mahigit sa 27.5 ay "obese". Ang "Healthy Weight Chart" na ito ay ginawa ng Asian American Research Center on Health ([www.AsianARCH.org](http://www.AsianARCH.org)) na may pinansiyal na tulong mula sa Tobacco Related Disease Research Program (22RT-0089, PI: Tsoh) at ang Patient-Centered Outcome Research Institute (AD-12-11-4615, PI: Nguyen).