

亞裔成人的健康體重範圍

| 身高 (公分 / cm) | 體重 (公斤 / kg) | | | |
|-----------------|--------------|------|--------|--------------------|
| | 過輕體重 (輕過) | 健康體重 | | 過重 癡肥 (重過) |
| 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 |

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|-----------------|--------------|-------------|-------------|------------|
| | 過輕體重 (輕過) | 健康體重 | 過重 | 癡肥 (重過) |
| 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 |

注：體重範圍是根據世界衛生組織為亞裔人士建議的體重指數(BMI) 指標來計算的。過輕體重是BMI低過 18.5。健康體重是BMI由18.5至低過23.0。過重是BMI由23.0至27.5。癡肥是 BMI高過27.5。

This "Healthy Weight Chart" was created by the Asian American Research Center on Health (www.AsianARCH.org) with funding support from the Tobacco Related Disease Research Program

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|-----------------|--------------|------|----|------------|
| | 過輕體重 (輕過) | 健康體重 | 過重 | 癡肥 (重過) |

