

아시안 성인을 위한 건강한 체중 차트

신장 (cm)	체중 (kg)			
	저체중 (이하)	정상체중	과체중	비만 (이상)
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

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	저체중 (이하)	정상체중	과체중	비만 (이상)
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

참고사항: 위에 사용된 체중 범위는 세계보건기구(WHO)에서 추천한 아시안을 위한 체질량지수(BMI)를 기준으로 하여 계산되었습니다. 저체중 BMI는 18.5 이하, 정상체중 BMI는 18.5에서 23.0이하, 과체중 BMI는 23.0에서 27.5까지, 비만 BMI는 27.5 이상입니다.

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