

Healthy Weight Chart for Asian Adults

Height (in cm)	Weight (kg)			
	Underweight (less than)	Healthy Weight	Overweight	Obese (more than)
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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	Underweight (less than)	Healthy Weight	Overweight	Obese (more than)
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: Weight ranges are calculated based on the Body Mass Index (BMI) cutoffs recommended for Asians by the World Health Organization. Underweight is a BMI less than 18.5. Healthy Weight is a BMI from 18.5 to less than 23.0. Overweight is a BMI from 23.0 to 27.5. Obese weight is a BMI greater than 27.5.

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