# Body Mass Index (BMI) and Body Surface Area (BSA)

## INPUTS

|  |  |
| --- | --- |
| Weight | **Options:** |
| Height | **Options:** |
| Target BMI  *Optional, to determine weight required to achieve target BMI* | **Options:** |

## FORMULA

Body mass index, kg/m2 = weight, kg / (height, m)2

Body surface area (the Mosteller formula), m2 = [ Height, cm x Weight, kg  / 3600 ]1/2

## FACTS & FIGURES

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| **BMI, kg/m2** | **Weight** | |
| <18.5 | Underweight | |
| 18.5–24.9 | Normal weight | |
| 25.0–29.9 | Overweight | |
| 30.0–34.9 | Obese | Class 1 |
| 35.0–39.9 | Class 2 |
| ≥40.0 | Class 3 |

## EVIDENCE APPRAISAL