

# Body Mass Index Chart (English and Metric)

Body Mass Index (BMI) is an indicator of optimal weight for health. Find the intersection of your weight and height — this is your BMI. Adults with a BMI between 19 and 24 have less risk for illnesses such as heart disease and diabetes than individuals with a BMI between 25 and 29. A BMI greater than 30 indicates greatest risk for obesity-related diseases.

Adapted from The National Institute of Health. NHLBI *Clinical Guidelines on Overweight and Obesity* June 1998. [www.nhlbi.nih.gov/guidelines](http://www.nhlbi.nih.gov/guidelines)

		Height (feet and inches)																		
		5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"		
Weight (pounds)	100	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	12	12	45	Weight (kilograms)
	105	21	20	19	19	18	17	17	16	16	16	15	15	14	14	13	13	13	47	
	110	21	21	20	19	19	18	18	17	17	16	16	15	15	15	14	14	13	50	
	115	22	22	21	20	20	19	19	18	17	17	17	16	16	15	15	14	14	52	
	120	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15	54	
	125	24	24	23	22	21	21	20	20	19	18	18	17	17	16	16	16	15	57	
	130	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16	59	
	135	26	26	25	24	23	22	22	21	21	20	19	19	18	18	17	17	16	61	
	140	27	26	26	25	24	23	23	22	21	21	20	20	19	18	18	17	17	63	
	145	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18	66	
	150	29	28	27	27	26	25	24	23	23	22	22	21	20	20	19	19	18	68	
	155	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19	70	
	160	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	19	72	
	165	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	75	
	170	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	77	
	175	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	79	
	180	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	82	
	185	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	84	
	190	37	36	35	34	33	32	31	30	29	28	27	26	26	25	24	24	23	86	
	195	38	37	36	35	33	32	31	31	30	29	28	27	26	26	25	24	24	88	
200	39	38	37	35	34	33	32	31	30	30	29	28	27	26	26	25	24	91		
205	40	39	37	36	35	34	33	32	31	30	29	28	27	26	26	25	25	93		
210	41	40	38	37	36	35	34	33	32	31	30	29	28	28	27	26	26	95		
215	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26	98		
220	43	42	40	39	38	37	36	34	33	32	32	31	30	29	28	27	27	100		
225	44	43	41	40	39	37	36	35	34	33	32	31	31	30	29	28	27	102		
230	45	43	42	41	39	38	37	36	35	34	33	32	31	30	30	29	28	104		
235	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	29	107		
240	47	45	44	43	41	40	39	38	36	35	34	33	33	32	31	30	29	109		
245	48	46	45	43	42	41	40	38	37	36	35	34	33	32	31	31	30	111		
250	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	114		

150 152.5 155 157.5 160 162.5 165 167.5 170 172.5 175 177.5 180 182.5 185 187.5 190

Height (centimetres)

Underweight
  Weight Appropriate
  Overweight
  Obese