







# Body Mass Index (BMI) Table

Height (ft & in)	Weight (lb)																																											
	0	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350	360	370	380	390	400	410	420	430	440	450									
53	30	33	35	38	40	43	45	48	50	53	55	58	60	63	65	68	70	73	75	78	80	83	85	88	90	93	95	98	100	103	105	108	110	113										
54	29	31	34	36	39	41	43	46	48	51	53	55	58	60	63	65	68	70	72	75	77	80	82	84	87	89	92	94	96	99	101	104	106	108										
55	28	30	33	35	37	40	42	44	46	49	51	53	56	58	60	63	65	67	70	72	74	77	79	81	84	86	88	91	93	95	98	100	102	105										
56	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65	67	69	72	74	76	78	81	83	85	87	90	92	94	96	99	101										
57	26	28	30	32	35	37	39	41	43	45	48	50	52	54	56	58	61	63	65	67	69	71	74	76	78	80	82	84	87	89	91	93	95	97										
58	25	27	29	31	33	36	38	40	42	44	46	48	50	52	54	56	59	61	63	65	67	69	71	73	75	77	79	82	84	86	88	90	92	94										
59	24	26	28	30	32	34	36	38	40	42	44	46	48	50	53	55	57	59	61	63	65	67	69	71	73	75	77	79	81	83	85	87	89	91										
60	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	62	64	66	68	70	72	74	76	78	80	82	84	86	88										
61	23	25	26	28	30	32	34	36	38	40	42	43	45	47	49	51	53	55	57	59	60	62	64	66	68	70	72	74	76	77	79	81	83	85										
62	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60	62	64	66	68	69	71	73	75	77	79	80	82										
63	21	23	25	27	28	30	32	34	35	37	39	41	43	44	46	48	50	51	53	55	57	58	60	62	64	66	67	69	71	73	74	76	78	80										
64	21	22	24	26	27	29	31	33	34	36	38	39	41	43	45	46	48	50	51	53	55	57	58	60	62	64	65	67	69	70	72	74	76	77										
65	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55	57	58	60	62	63	65	67	68	70	72	73	75										
66	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	48	50	52	53	55	56	58	60	61	63	65	66	68	69	71	73										
67	19	20	22	23	25	27	28	30	31	33	34	36	38	39	41	42	44	45	47	49	50	52	53	55	56	58	60	61	63	64	66	67	69	70										
68	18	20	21	23	24	26	27	29	30	32	33	35	36	38	40	41	43	44	46	47	49	50	52	53	55	56	58	59	61	62	64	65	67	68										
69	18	19	21	22	24	25	27	28	30	31	32	34	35	37	38	40	41	43	44	46	47	49	50	52	53	55	56	58	59	61	62	63	65	66										
70	17	19	20	22	23	24	26	27	29	30	32	33	34	36	37	39	40	42	43	44	46	47	49	50	52	53	55	56	57	59	60	62	63	65										
71	17	18	20	21	22	24	25	26	28	29	31	32	33	35	36	38	39	40	42	43	45	46	47	49	50	52	53	54	56	57	59	60	61	63										
72	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35	37	38	39	41	42	43	45	46	47	49	50	52	53	54	56	57	58	60	61										
73	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	44	45	46	47	49	50	51	53	54	55	57	58	59										
74	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41	42	44	45	46	48	49	50	51	53	54	55	56	58										
75	15	16	17	19	20	21	22	24	25	26	27	29	30	31	32	34	35	36	37	39	40	41	42	44	45	46	47	49	50	51	52	54	55	56										
76	15	16	17	18	19	21	22	23	24	26	27	28	29	30	32	33	34	35	37	38	39	40	41	43	44	45	46	47	49	50	51	52	54	55										
77	14	15	17	18	19	20	21	23	24	25	26	27	28	30	31	32	33	34	36	37	38	39	40	41	43	44	45	46	47	49	50	51	52	53										
78	14	15	16	17	18	20	21	22	23	24	25	27	28	29	30	31	32	34	35	36	37	38	39	40	42	43	44	45	46	47	49	50	51	52										
79	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33	34	35	36	37	38	39	41	42	43	44	45	46	47	48	50	51										
80	13	14	15	16	18	19	20	21	22	23	24	25	26	27	29	30	31	32	33	34	35	36	37	38	40	41	42	43	44	45	46	47	48	49										
81	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31	32	33	34	35	36	38	39	40	41	42	43	44	45	46	47	48										
82	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	35	36	37	38	39	40	41	42	43	44	45	46	47										

Less Risk

More Risk

BMI Color Key	
	Underweight: BMI <18.5 kg/m <sup>2</sup>
	Healthy Weight: BMI 18.5-24.9 kg/m <sup>2</sup>
	Overweight: BMI 25-29.9 kg/m <sup>2</sup>
	Obesity (Class 1): BMI 30-34.9 kg/m <sup>2</sup>
	Obesity (Class 2): BMI 35-39.9 kg/m <sup>2</sup>
	Extreme Obesity (Class 3): BMI ≥40 kg/m <sup>2</sup>

Disease Risk <sup>1</sup> Associated with BMI and Waist Circumference	
BMI & Waist Size	Disease Risk
Healthy weight BMI, Normal* or Large** waist	OK
Overweight BMI, Normal waist	Increased
Overweight BMI, Large waist	High
Obese BMI, Normal or Large waist	Very High

1: Disease risk for type 2 diabetes, hypertension, and CVD  
 \*Normal Waist - men: 40" or less and women: 35" or less  
 \*\*Large Waist- men: more than 40" and women: more than 35"