

Body Mass Index

| Height (metres) | 1.47 | 1.5 | 1.53 | 1.56 | 1.59 | 1.62 | 1.65 | 1.68 | 1.71 | 1.74 | 1.77 | 1.8 | 1.83 | 1.86 | 1.89 | 1.92 | 1.95 | |
|-----------------|------|-----|------|------|------|------|------|------|------|------|------|-----|------|------|------|------|------|-----|
| 136 | 63 | 60 | 58 | 56 | 54 | 52 | 50 | 48 | 47 | 45 | 43 | 42 | 41 | 39 | 38 | 37 | 36 | 300 |
| 134 | 62 | 60 | 57 | 55 | 53 | 51 | 49 | 47 | 46 | 44 | 43 | 41 | 40 | 39 | 38 | 36 | 35 | 295 |
| 132 | 61 | 59 | 56 | 54 | 52 | 50 | 48 | 47 | 45 | 44 | 42 | 41 | 39 | 38 | 37 | 36 | 35 | 291 |
| 130 | 60 | 58 | 56 | 53 | 51 | 50 | 48 | 46 | 44 | 43 | 41 | 40 | 39 | 38 | 36 | 35 | 34 | 287 |
| 128 | 59 | 57 | 55 | 53 | 51 | 49 | 47 | 45 | 44 | 42 | 41 | 40 | 38 | 37 | 36 | 35 | 34 | 282 |
| 126 | 58 | 56 | 54 | 52 | 50 | 48 | 46 | 45 | 43 | 42 | 40 | 39 | 38 | 36 | 35 | 34 | 33 | 278 |
| 124 | 57 | 55 | 53 | 51 | 49 | 47 | 46 | 44 | 42 | 41 | 40 | 38 | 37 | 36 | 35 | 34 | 33 | 273 |
| 122 | 56 | 54 | 52 | 50 | 48 | 46 | 45 | 43 | 42 | 40 | 39 | 38 | 36 | 35 | 34 | 33 | 32 | 269 |
| 120 | 56 | 53 | 51 | 49 | 47 | 46 | 44 | 43 | 41 | 40 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 265 |
| 118 | 55 | 52 | 50 | 48 | 47 | 45 | 43 | 42 | 40 | 39 | 38 | 36 | 35 | 34 | 33 | 32 | 31 | 260 |
| 116 | 54 | 52 | 50 | 48 | 46 | 44 | 43 | 41 | 40 | 38 | 37 | 36 | 35 | 34 | 32 | 31 | 31 | 256 |
| 114 | 53 | 51 | 49 | 47 | 45 | 43 | 42 | 40 | 39 | 38 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 251 |
| 112 | 52 | 50 | 48 | 46 | 44 | 43 | 41 | 40 | 38 | 37 | 36 | 35 | 33 | 32 | 31 | 30 | 29 | 247 |
| 110 | 51 | 49 | 47 | 45 | 44 | 42 | 40 | 39 | 38 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 29 | 243 |
| 108 | 50 | 48 | 46 | 44 | 43 | 41 | 40 | 38 | 37 | 36 | 34 | 33 | 32 | 31 | 30 | 29 | 28 | 238 |
| 106 | 49 | 47 | 45 | 44 | 42 | 40 | 39 | 38 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 29 | 28 | 234 |
| 104 | 48 | 46 | 44 | 43 | 41 | 40 | 38 | 37 | 36 | 34 | 33 | 32 | 31 | 30 | 29 | 28 | 27 | 229 |
| 102 | 47 | 45 | 44 | 42 | 40 | 39 | 37 | 36 | 35 | 34 | 33 | 31 | 30 | 29 | 29 | 28 | 27 | 225 |
| 100 | 46 | 44 | 43 | 41 | 40 | 38 | 37 | 35 | 34 | 33 | 32 | 31 | 30 | 29 | 28 | 27 | 26 | 220 |
| 98 | 45 | 44 | 42 | 40 | 39 | 37 | 36 | 35 | 34 | 32 | 31 | 30 | 29 | 28 | 27 | 27 | 26 | 216 |
| 96 | 44 | 43 | 41 | 39 | 38 | 37 | 35 | 34 | 33 | 32 | 31 | 30 | 29 | 28 | 27 | 26 | 25 | 212 |
| 94 | 44 | 42 | 40 | 39 | 37 | 36 | 35 | 33 | 32 | 31 | 30 | 29 | 28 | 27 | 26 | 25 | 25 | 207 |
| 92 | 43 | 41 | 39 | 38 | 36 | 35 | 34 | 33 | 31 | 30 | 29 | 28 | 27 | 27 | 26 | 25 | 24 | 203 |
| 90 | 42 | 40 | 38 | 37 | 36 | 34 | 33 | 32 | 31 | 30 | 29 | 28 | 27 | 26 | 25 | 24 | 24 | 198 |
| 88 | 41 | 39 | 38 | 36 | 35 | 34 | 32 | 31 | 30 | 29 | 28 | 27 | 26 | 25 | 25 | 24 | 23 | 194 |
| 86 | 40 | 38 | 37 | 35 | 34 | 33 | 32 | 30 | 29 | 28 | 27 | 27 | 26 | 25 | 24 | 23 | 23 | 190 |
| 84 | 39 | 37 | 36 | 35 | 33 | 32 | 31 | 30 | 29 | 28 | 27 | 26 | 25 | 24 | 24 | 23 | 22 | 185 |
| 82 | 38 | 36 | 35 | 34 | 32 | 31 | 30 | 29 | 28 | 27 | 26 | 25 | 24 | 24 | 23 | 22 | 22 | 181 |
| 80 | 37 | 36 | 34 | 33 | 32 | 30 | 29 | 28 | 27 | 26 | 26 | 25 | 24 | 23 | 22 | 22 | 21 | 176 |
| 78 | 36 | 35 | 33 | 32 | 31 | 30 | 29 | 28 | 27 | 26 | 25 | 24 | 23 | 23 | 22 | 21 | 21 | 172 |
| 76 | 35 | 34 | 32 | 31 | 30 | 29 | 28 | 27 | 26 | 25 | 24 | 23 | 23 | 22 | 21 | 21 | 20 | 168 |
| 74 | 34 | 33 | 32 | 30 | 29 | 28 | 27 | 26 | 25 | 24 | 24 | 23 | 22 | 21 | 21 | 20 | 19 | 163 |
| 72 | 33 | 32 | 31 | 30 | 28 | 27 | 26 | 26 | 25 | 24 | 23 | 22 | 21 | 21 | 20 | 20 | 19 | 159 |
| 70 | 32 | 31 | 30 | 29 | 28 | 27 | 26 | 25 | 24 | 23 | 22 | 22 | 21 | 20 | 20 | 19 | 18 | 154 |
| 68 | 31 | 30 | 29 | 28 | 27 | 26 | 25 | 24 | 23 | 22 | 22 | 21 | 20 | 20 | 19 | 18 | 18 | 150 |
| 66 | 31 | 29 | 28 | 27 | 26 | 25 | 24 | 23 | 23 | 22 | 21 | 20 | 20 | 19 | 18 | 18 | 17 | 146 |
| 64 | 30 | 28 | 27 | 26 | 25 | 24 | 24 | 23 | 22 | 21 | 20 | 20 | 19 | 18 | 18 | 17 | 17 | 141 |
| 62 | 29 | 28 | 26 | 25 | 25 | 24 | 23 | 22 | 21 | 20 | 20 | 19 | 19 | 18 | 17 | 17 | 16 | 137 |
| 60 | 28 | 27 | 26 | 25 | 24 | 23 | 22 | 21 | 21 | 20 | 19 | 19 | 18 | 17 | 17 | 16 | 16 | 132 |
| 58 | 27 | 26 | 25 | 24 | 23 | 22 | 21 | 21 | 20 | 19 | 19 | 18 | 17 | 17 | 16 | 16 | 15 | 128 |
| 56 | 26 | 25 | 24 | 23 | 22 | 21 | 21 | 20 | 19 | 18 | 18 | 17 | 17 | 16 | 16 | 15 | 15 | 123 |
| 54 | 25 | 24 | 23 | 22 | 21 | 21 | 20 | 19 | 18 | 18 | 17 | 17 | 16 | 16 | 15 | 15 | 14 | 119 |
| 52 | 24 | 23 | 22 | 21 | 21 | 20 | 19 | 18 | 18 | 17 | 17 | 16 | 16 | 15 | 15 | 14 | 14 | 115 |
| 50 | 23 | 22 | 21 | 21 | 20 | 19 | 18 | 18 | 17 | 17 | 16 | 15 | 15 | 14 | 14 | 14 | 13 | 110 |
| 48 | 22 | 21 | 21 | 20 | 19 | 18 | 18 | 17 | 16 | 16 | 15 | 15 | 14 | 14 | 13 | 13 | 13 | 106 |
| 46 | 21 | 20 | 20 | 19 | 18 | 18 | 17 | 16 | 16 | 15 | 15 | 14 | 14 | 13 | 13 | 12 | 12 | 101 |

OBESE ≥ 30 (includes Class I, II, III)

OVERWEIGHT 25.0 - 29.9

NORMAL 18.5 - 24.9

UNDERWEIGHT < 18.5

Weight (pounds)

Height (inches) 58 59 60 61 63 64 65 66 67 69 70 71 72 73 74 76 77