BODY MASS INDEX:

An Indicator of Healthy Weight

You can determine your body mass index (BMI) by finding your height and weight on this chart. A BMI of 18.5 to 24.9 is considered the healthiest. People with a BMI of 30 or greater are considered obese.

	HEALTHY		OVERWEIGHT					OBESE				
BMI	19	24	25	26	27	28	29	30	35	40	45	50
5'1"	100	127	132	137	143	148	153	158	185	211	238	264
5'2"	104	131	136	142	147	153	158	164	191	218	246	273
5'3"	107	135	141	146	152	158	163	169	197	225	254	282
5'4"	110	140	145	151	157	163	169	174	204	232	262	291
5'5"	114	144	150	156	162	168	174	180	210	240	270	300
5'6"	118	148	155	161	167	173	179	186	216	247	278	309
5'7"	121	153	159	166	172	178	185	191	223	255	287	319
5'8"	125	158	164	171	177	184	190	197	230	262	295	328
5'9"	128	162	169	176	182	189	196	203	236	270	304	338
5'10"	132	167	174	181	188	195	202	209	243	278	313	348
5'11"	136	172	179	186	193	200	208	215	250	286	322	358
6'0"	140	177	184	191	199	206	213	221	258	294	331	368
6'1"	144	182	189	197	204	212	219	227	265	302	340	378
6'2"	148	186	194	202	210	218	225	233	272	311	350	389
6'3"	152	192	200	208	216	224	232	240	279	319	359	399
6'4"	156	197	205	213	221	230	238	246	287	328	369	410

Adapted from Mayo Clinic Healthy Weight for EveryBody.

You can calculate your exact BMI by using this formula:

$$\left(\frac{\text{Weight in pounds}}{(\text{Height in inches}) \times (\text{Height in inches})} \right) \times 703 = \text{BMI}$$

If you are overweight or obese, talk to your health care provider. He or she can help you establish a plan for achieving a healthy weight.