

Body-mass index for various weights and heights

Height	Weight																														
	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250
5'0"	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49
5'1"	19	20	21	22	23	24	25	26	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	43	44	46	46	47
5'2"	18	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	37	38	39	40	41	42	43	44	45	46
5'3"	18	19	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	35	36	37	38	39	40	41	42	43	43	44
5'4"	17	18	19	20	21	21	22	23	24	25	26	27	27	28	29	30	31	32	33	33	34	35	36	37	38	39	39	40	41	42	43
5'5"	17	17	18	19	20	21	22	22	23	24	25	26	27	27	28	29	30	31	32	32	33	34	35	36	37	37	38	39	40	41	42
5'6"	16	17	18	19	19	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	32	33	34	35	36	36	37	38	39	40	40
5'7"	16	16	17	18	19	20	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	32	33	34	34	35	36	37	38	38	39
5'8"	15	16	17	17	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	33	33	34	35	36	36	37	38
5'9"	15	16	16	17	18	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	32	33	34	35	35	36	37
5'10"	14	15	16	17	17	18	19	19	20	21	22	22	23	24	24	25	26	27	27	28	29	29	30	31	32	32	33	34	34	35	36
5'11"	14	15	15	16	17	17	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	29	29	30	31	31	32	33	33	34	35
6'0"	14	14	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	31	31	32	33	33	34
6'1"	13	14	15	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	32	32	33
6'2"	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	31	32
6'3"	12	13	14	14	15	16	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	27	28	29	29	30	31	31
6'4"	12	13	13	14	15	15	16	16	17	18	18	19	19	20	21	21	22	23	24	24	25	26	26	27	27	28	29	29	30	30	30

Use this three-step formula to calculate BMI for patients whose height and/or weight are not shown here.

For example, to figure BMI for a **4'10"** patients who weight **129** lbs:

Step one:	Multiply the patients weight (in lbs) by 703	129 X 703 = 90,687
Step two:	Square the patient's height (in inches)	58 X 58 = 3,364
Step three:	Divide the total in step 1 by the total in step 2	90687 / 3,364 = 26.9

Source: Shape Up America!

Body Mass Index (BMI) is a new term to most people. However, it is the measurement of choice for many physicians and researchers studying obesity. BMI is a calculation that uses both height and weight to yield a number that correlates with an estimate of a person's body fatness. BMI equals a person's weight in kilograms divided by height in meters squared. (BMI=kg/m²). BMI standards were established using information on both illness and death. This means we can now assess a person's health risk based on that person's BMI.

Risk of Associated Disease According to BMI and Waist Size			
BMI		Waist less than or equal to 40in. (men) or 35 in. (women)	Waist greater than 40 in. (men) or 35 in. (women)
18.5 or less	Underweight	--	NA
18.5 – 24.9	Normal	--	N/A
25.0 – 29.9	Overweight	Increased	High
30.0 – 34.9	Obese	High	Very High
35.0 – 39.9	Obese	Very High	Very High
40 or greater	Extremely Obese	Extremely High	Extremely High

Why is BMI Important?

If your BMI is high, you may have an increased risk of developing certain diseases, including:

- Hypertension
- Cardiovascular Disease
- High Triglycerides or Cholesterol
- Diabetes
- Sleep Apnea
- Osteoarthritis

Prevention of further weight gain is important and weight reduction is desirable. Consider losing 6-8 pounds and maintain that loss for 2-3 months before continuing to lose more weight.

Exceptions to BMI?

BMI is a better predictor of disease risk than body weight alone. However, there are certain people who should not use BMI as the basis for determining relative disease risk. Competitive athletes and body builders, whose BMI is high due to a relatively larger amount of muscle, and women who are pregnant or lactating. BMI is not intended for use in growing children or in frail and sedentary elderly individuals.

BMI measurement does not look at how the fat is distributed in the body. Individuals who carry excess fat centered around the waistline are at greater risk for chronic disease than those with other patterns of fat distribution.

Improving Your Health—

- Make changes one-at-a-time until change becomes habit
- Eat 5 or more servings of fruits & vegetables each day.
- Accumulate 30 minutes of moderate physical activity per day for most days of the week.
- Use alcohol in moderation.
- Stop smoking.
- Allow time for play
- Nurture friendships.