

What do the numbers mean for ADULTS?

What is BMI?

- BMI stands for **B**ody **M**ass **I**ndex.
- BMI is a measure of your weight compared to your height.
- Your BMI can tell you if you are at a healthy weight.
- BMI is a tool used by doctors to help figure out your risk for health problems.

If your BMI is **below 18.5**, you are **underweight** and should have a conversation with your doctor on what is causing you to be underweight and how you can work on maximizing your health.

If your BMI is **between 18.5 and 24.9**, you have a **healthy weight** that is linked with good health.

If your BMI is **between 25 and 29.9**, you are considered **overweight** and could benefit by finding ways to lose weight through physical activity and healthy eating.

If your BMI is **over 30**, this is a sign of an unhealthy condition (**obesity**). **Your weight is putting you at risk** for heart disease, stroke, diabetes, high blood pressure, and some cancers. You would benefit by losing weight by increasing physical activity and healthy eating. As your BMI increases, your health risks increase as well.

ADULTS

(18 years & older)

How can I find my BMI?

- Use the BMI table (right):
 - Find your height (on the left hand side) and move across the row to your weight.
 - The number where the two lines meet is your BMI.
- Calculate:
 - Multiply your weight in pounds by 703.
 - Divide that answer by your height in inches.
 - Divide that answer again by your height in inches.

		Weight																											
		110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350			
H e i g h t	4' 10"	23	25	27	29	31	33	36	38	40	42	44	46	48	50	52	54	56	59	61	63	65	67	69	71	73			
	4' 11"	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	53	55	57	59	61	63	65	67	69	71			
	5' 0"	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	62	64	66	68			
	5' 1"	21	23	25	26	28	30	32	34	36	38	40	42	43	45	47	49	51	53	55	57	59	60	62	64	66			
	5' 2"	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60	62	64			
	5' 3"	19	21	23	25	27	28	30	32	34	35	37	39	41	43	44	46	48	50	51	53	55	57	58	60	62			
	5' 4"	19	21	22	24	26	27	29	31	33	34	36	38	39	41	43	45	46	48	50	51	53	55	57	58	60			
	5' 5"	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55	57	58			
	5' 6"	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	48	50	52	53	55	56			
	5' 7"	17	19	20	22	23	25	27	28	30	31	33	34	36	38	39	41	42	44	45	47	49	50	52	53	55			
	5' 8"	17	18	20	21	23	24	26	27	29	30	32	33	35	36	38	40	41	43	44	46	47	49	50	52	53			
	5' 9"	16	18	19	21	22	24	25	27	28	30	31	32	34	35	37	38	40	41	43	44	46	47	49	50	52			
	5' 10"	16	17	19	20	22	23	24	26	27	29	30	32	33	34	36	37	39	40	42	43	44	46	47	49	50			
	5' 11"	15	17	18	20	21	22	24	25	26	28	29	31	32	33	35	36	38	39	40	42	43	45	46	47	49			
	6' 0"	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35	37	38	39	41	42	43	45	46	47			
	6' 1"	15	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	44	45	46			
	6' 2"	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41	42	44	45			
	6' 3"	14	15	16	17	19	20	21	22	24	25	26	27	29	30	31	32	34	35	36	37	39	40	41	42	44			
	6' 4"	13	15	16	17	18	19	21	22	23	24	26	27	28	29	30	32	33	34	35	37	38	39	40	41	43			
	6' 5"	13	14	15	17	18	19	20	21	23	24	25	26	27	28	30	31	32	33	34	36	37	38	39	40	41			
6' 6"	13	14	15	16	17	18	20	21	22	23	24	25	27	28	29	30	31	32	34	35	36	37	38	39	40				
6' 7"	12	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33	34	35	36	37	38	39				
6' 8"	12	13	14	15	16	18	19	20	21	22	23	24	25	26	27	29	30	31	32	33	34	35	36	37	38				
6' 9"	12	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31	32	33	34	35	36	38				
6' 10"	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	35	36	37				

Less Risk

More Risk

Great Risk

