

Limits of the BMI chart:

- Your BMI and “weight status” category need to be looked at next to your overall body composition.
- BMI can:
 - Overestimate Body Fat: People who are athletic and/or have a muscular build may be categorized as overweight, such as body builder. Muscle weighs more than fat.
 - Underestimate Body Fat: Body fat can be underestimated in people who have lost muscle mass; this can sometimes occur in older adults.

CHILDREN AND ADOLESCENTS

- BMI is used differently with kids than it is with adults.
 - Body mass index is used to see if kids are underweight or at risk of being overweight.
 - Age and gender specific charts are used for children and adolescents 2-20 years of age.
 - Girls and boys differ in their body fatness as they grow and mature. This is why BMI for children is done by gender and age.
- Finding your child’s BMI is very useful because it helps the doctor monitor their growth and development and identify potential health or nutrition related problems.
 - To find out your child’s BMI talk to your doctor or visit www.kidshealth.org/kid/exercise/weight/bmi.html

Questions?

Visit: www.cdc.gov/nccdphp/dnpa/obesity/
or call your doctor.

Adapted from: Healthy Arkansas and Medline resources.



The Maine Center for Public Health
www.mcph.org



BMI (Body Mass Index)

What does it mean to ME?

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.

ADULTS

How can I find my BMI? (18 years and older):

- Use the BMI table (below):
 - 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:
 - Multiple your weight in pounds by 703.
 - Divide that answer by your height in inches.
 - Divide that answer again by your height in inches.
- Use a BMI calculator on the web, such as: <http://nhlbisupport.com/bmi/bmicalc.htm>

What do the numbers mean for ADULTS?

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.

		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
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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