

# BMI - Body Mass Index

|                          |  |
|--------------------------|--|
| <b>Measurement Units</b> | <b>Formula and Circulation</b>   |
| <p>Pounds and inches</p> | <p style="text-align: center;"> <b>Formula: weight (lb) / [height (in)]<sup>2</sup> x 703</b> </p> <p>Calculate BMI by dividing weight in pounds (lbs) by height in inches (in) squared and multiplying by a conversion factor of 703.</p> <p>Example:                      Weight = 150 lbs, Height = 5'5" (65")</p> <p>Calculation:                      <math>[150 \div (65)^2] \times 703 = 24.96</math></p> |

| BMI            | Weight Status |
|----------------|---------------|
| Below 18.5     | Underweight   |
| 18.5 – 24.9    | Normal        |
| 25.0 – 29.9    | Overweight    |
| 30.0 and Above | Obese         |

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|     | Normal |     |     |     |     | Overweight |     |     |     |     | Obese |     |     |     |     | Extreme Obesity |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|-----|--------|-----|-----|-----|-----|------------|-----|-----|-----|-----|-------|-----|-----|-----|-----|-----------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| BMI | 19     | 20  | 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  | 50  | 51  | 52  | 53  | 54  |     |
| 58  | 91     | 96  | 100 | 105 | 110 | 115        | 119 | 124 | 129 | 134 | 138   | 143 | 148 | 153 | 158 | 162             | 167 | 172 | 177 | 181 | 186 | 191 | 196 | 201 | 205 | 210 | 215 | 220 | 224 | 229 | 234 | 239 | 244 | 248 | 253 | 258 |     |
| 59  | 94     | 99  | 104 | 109 | 114 | 119        | 124 | 128 | 133 | 138 | 143   | 148 | 153 | 158 | 163 | 168             | 173 | 178 | 183 | 188 | 193 | 198 | 203 | 208 | 212 | 217 | 222 | 227 | 232 | 237 | 242 | 247 | 252 | 257 | 262 | 267 |     |
| 60  | 97     | 102 | 107 | 112 | 118 | 123        | 128 | 133 | 138 | 143 | 148   | 153 | 158 | 163 | 168 | 174             | 179 | 184 | 189 | 194 | 199 | 204 | 209 | 215 | 220 | 225 | 230 | 235 | 240 | 245 | 250 | 255 | 261 | 266 | 271 | 276 |     |
| 61  | 100    | 106 | 111 | 116 | 122 | 127        | 132 | 137 | 143 | 148 | 153   | 158 | 164 | 169 | 174 | 180             | 185 | 190 | 195 | 201 | 206 | 211 | 217 | 222 | 227 | 232 | 238 | 243 | 248 | 254 | 259 | 264 | 269 | 275 | 280 | 285 |     |
| 62  | 104    | 109 | 115 | 120 | 126 | 131        | 136 | 142 | 147 | 153 | 158   | 164 | 169 | 175 | 180 | 186             | 191 | 196 | 202 | 207 | 213 | 218 | 224 | 229 | 235 | 240 | 246 | 251 | 256 | 262 | 267 | 273 | 278 | 284 | 289 | 295 |     |
| 63  | 107    | 113 | 118 | 124 | 130 | 135        | 141 | 146 | 152 | 158 | 163   | 169 | 175 | 180 | 186 | 191             | 197 | 203 | 208 | 214 | 220 | 225 | 231 | 237 | 242 | 248 | 254 | 259 | 265 | 270 | 278 | 282 | 287 | 293 | 299 | 304 |     |
| 64  | 110    | 116 | 122 | 128 | 134 | 140        | 145 | 151 | 157 | 163 | 169   | 174 | 180 | 186 | 192 | 197             | 204 | 209 | 215 | 221 | 227 | 232 | 238 | 244 | 250 | 256 | 262 | 267 | 273 | 279 | 285 | 291 | 296 | 302 | 308 | 314 |     |
| 65  | 114    | 120 | 126 | 132 | 138 | 144        | 150 | 156 | 162 | 168 | 174   | 180 | 186 | 192 | 198 | 204             | 210 | 216 | 222 | 228 | 234 | 240 | 246 | 252 | 258 | 264 | 270 | 276 | 282 | 288 | 294 | 300 | 306 | 312 | 318 | 324 |     |
| 66  | 118    | 124 | 130 | 136 | 142 | 148        | 155 | 161 | 167 | 173 | 179   | 186 | 192 | 198 | 204 | 210             | 216 | 223 | 229 | 235 | 241 | 247 | 253 | 260 | 266 | 272 | 278 | 284 | 291 | 297 | 303 | 309 | 315 | 322 | 328 | 334 |     |
| 67  | 121    | 127 | 134 | 140 | 146 | 153        | 159 | 166 | 172 | 178 | 185   | 191 | 198 | 204 | 211 | 217             | 223 | 230 | 236 | 242 | 249 | 256 | 262 | 269 | 276 | 282 | 289 | 295 | 302 | 308 | 315 | 322 | 328 | 335 | 341 | 348 | 354 |
| 68  | 125    | 131 | 138 | 144 | 151 | 158        | 164 | 171 | 177 | 184 | 190   | 197 | 203 | 210 | 216 | 223             | 230 | 236 | 243 | 249 | 256 | 263 | 270 | 277 | 284 | 291 | 297 | 304 | 311 | 318 | 324 | 331 | 338 | 345 | 351 | 358 | 365 |
| 69  | 128    | 135 | 142 | 149 | 155 | 162        | 169 | 176 | 182 | 189 | 196   | 203 | 209 | 216 | 222 | 229             | 236 | 243 | 250 | 257 | 263 | 270 | 277 | 284 | 291 | 297 | 304 | 311 | 318 | 327 | 334 | 341 | 348 | 355 | 362 | 369 | 376 |
| 70  | 132    | 139 | 146 | 153 | 160 | 167        | 174 | 181 | 188 | 195 | 202   | 209 | 216 | 222 | 229 | 236             | 243 | 250 | 257 | 264 | 271 | 278 | 285 | 292 | 299 | 306 | 313 | 320 | 327 | 334 | 341 | 348 | 355 | 362 | 369 | 376 |     |
| 71  | 136    | 143 | 150 | 157 | 165 | 172        | 179 | 186 | 193 | 200 | 208   | 215 | 222 | 229 | 236 | 243             | 250 | 257 | 265 | 272 | 279 | 286 | 293 | 301 | 308 | 315 | 322 | 329 | 338 | 343 | 351 | 358 | 365 | 372 | 379 | 386 |     |
| 72  | 140    | 147 | 154 | 162 | 169 | 177        | 184 | 191 | 199 | 206 | 213   | 221 | 228 | 235 | 242 | 250             | 258 | 265 | 272 | 279 | 287 | 294 | 302 | 309 | 316 | 324 | 331 | 338 | 346 | 353 | 361 | 368 | 375 | 383 | 390 | 397 |     |
| 73  | 144    | 151 | 159 | 166 | 174 | 182        | 189 | 197 | 204 | 212 | 219   | 227 | 235 | 242 | 250 | 257             | 265 | 272 | 280 | 288 | 295 | 302 | 310 | 318 | 325 | 333 | 340 | 348 | 355 | 363 | 371 | 378 | 386 | 393 | 401 | 408 |     |
| 74  | 148    | 155 | 163 | 171 | 179 | 186        | 194 | 202 | 210 | 218 | 225   | 233 | 241 | 249 | 256 | 264             | 272 | 280 | 287 | 295 | 303 | 311 | 319 | 326 | 334 | 342 | 350 | 358 | 365 | 373 | 381 | 389 | 396 | 404 | 412 | 420 |     |
| 75  | 152    | 160 | 168 | 176 | 184 | 192        | 200 | 208 | 216 | 224 | 232   | 240 | 248 | 256 | 264 | 272             | 279 | 287 | 295 | 303 | 311 | 319 | 327 | 335 | 343 | 351 | 359 | 367 | 375 | 383 | 391 | 399 | 407 | 415 | 423 | 431 |     |
| 76  | 156    | 164 | 172 | 180 | 189 | 197        | 205 | 213 | 221 | 230 | 238   | 246 | 254 | 263 | 271 | 279             | 287 | 295 | 304 | 312 | 320 | 328 | 336 | 344 | 353 | 361 | 369 | 377 | 385 | 394 | 402 | 410 | 418 | 426 | 435 | 443 |     |