

Appendix B - Body Mass Index Chart (Adults)

Body Mass Index (BMI) Chart

Height (ft/in)	Weight																			Kg	Lbs	Height (cm)					
	45	48	50	52	55	57	59	61	64	66	68	70	73	75	77	80	82	84	86				89	91	93	95	98
5'0"	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	152	43
5'1"	19	20	21	22	23	24	25	26	27	28	29	30	31	32	32	32	34	35	36	37	38	39	40	41	42	155	42
5'2"	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	33	34	36	37	38	39	40	40	42	157	42
5'3"	18	19	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	160	39
5'4"	17	18	19	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	163	38
5'5"	17	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	165	37
5'6"	16	17	18	19	20	21	22	23	23	24	25	26	27	28	29	31	32	33	34	35	36	37	38	39	40	168	37
5'7"	16	16	17	18	19	20	20	21	22	23	23	24	25	26	27	28	29	30	31	31	32	33	34	34	34	170	34
5'8"	15	16	17	18	19	20	21	21	22	23	24	24	25	26	27	28	29	30	30	31	32	33	33	33	33	173	33
5'9"	15	16	16	17	18	18	19	20	21	21	22	23	24	25	26	27	28	29	30	30	31	32	32	32	32	175	32
5'10"	14	15	16	17	18	19	20	21	21	22	22	23	24	24	25	26	27	28	29	29	30	31	31	31	31	178	31
5'11"	14	15	15	16	17	18	19	20	20	21	22	22	23	24	24	25	26	27	28	29	29	30	31	31	31	180	31
6'0"	14	14	15	16	16	17	18	19	20	20	21	22	22	23	24	24	25	26	27	28	28	29	30	30	30	183	30
6'1"	13	14	15	15	16	16	17	18	19	20	20	21	22	22	23	24	24	25	26	27	28	28	29	29	29	185	29
6'2"	13	13	14	15	15	16	17	18	19	20	21	21	22	22	23	24	24	25	26	26	27	28	28	28	28	188	28
6'3"	12	13	14	14	15	16	17	18	19	20	21	21	22	22	23	24	24	25	26	26	27	28	28	28	28	191	27
6'4"	12	13	13	14	15	16	17	18	19	20	21	21	22	22	23	24	24	25	26	26	27	28	28	28	28	193	27

BMI < 18 = underweight 18.5 to 24 = healthy weight ≥ 25 = overweight ≥ 27 = increasing risk of hypertension, type 2 diabetes ≥ 30 obese