

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
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
5'1"	19	20	21	22	23	24	25	26	26	27	28	29	30	31	32	32	34	35	36	37	38	39	40	41	42	155
5'2"	18	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	36	37	38	39	40	40	42	157
5'3"	18	19	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	38	39	39	160
5'4"	17	18	19	20	21	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	38	38	163
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	165
5'6"	16	17	18	19	19	20	21	22	23	23	24	25	26	27	27	28	29	31	32	32	33	34	35	36	37	168
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
5'8"	15	16	17	17	18	19	20	21	21	22	23	24	24	25	26	27	28	29	30	30	31	32	33	33	33	173
5'9"	15	16	16	17	18	18	19	20	21	21	22	23	24	24	25	26	27	28	29	30	30	31	32	32	32	175
5'10"	14	15	16	17	17	18	19	19	20	21	22	22	23	24	24	25	26	27	28	29	29	30	31	31	32	178
5'11"	14	15	15	16	17	17	18	19	20	20	21	22	22	23	24	24	25	26	27	28	29	29	30	31	31	180
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	183
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	185
6'2"	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	24	24	25	26	26	27	28	28	29	188
6'3"	12	13	14	14	15	16	16	17	17	18	19	19	20	21	21	22	23	24	24	25	26	26	27	28	28	188
6'3"	12	13	14	14	15	16	16	17	17	18	19	19	20	21	21	22	23	24	24	25	26	26	27	28	28	191
6'4"	12	13	13	14	15	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	24	25	26	26	27	191
6'4"	12	13	13	14	15	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	24	25	26	26	27	193

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