



Body Mass Index

To calculate your body mass index (BMI), you may use the chart below that provides the BMI for various heights and weights for men and women. You can also find a BMI calculator on the National Heart, Lung and Blood Institute Web site at www.nhlbi.nih.gov/health/health-topics/topics/bmi/ or download the BMI calculator iPhone application at <http://apps.usda.gov/bmi-app.shtml>.

BODY MASS INDEX

	21	22	23	24	25	26	27	28	29	30	31
4'10"	100	105	110	115	119	124	129	134	138	143	148
5'0"	107	112	118	123	128	133	138	143	148	153	158
5'1"	111	116	122	127	132	137	143	148	153	158	164
5'2"	115	120	126	131	136	142	147	153	158	164	169
5'3"	118	124	130	135	141	146	152	158	163	169	175
5'4"	122	128	134	140	145	151	157	163	169	174	180
5'5"	126	132	138	144	150	156	162	168	174	180	186
5'6"	130	136	142	148	155	161	167	173	179	186	192
5'7"	134	140	146	153	159	166	172	178	185	191	198
5'8"	138	144	151	158	164	171	177	184	190	197	203
5'9"	142	149	155	162	169	176	182	189	196	203	209
5'10"	146	153	160	167	174	181	188	195	202	209	216
5'11"	150	157	165	172	179	186	193	200	208	215	222
6'1"	159	166	174	182	189	197	204	212	219	227	235
6'3"	168	176	184	192	200	208	216	224	232	240	248

What Does Your BMI Mean?

Normal weight: BMI = 18.5 – 24.9. Good for you! Try not to gain weight.

Overweight: BMI = 25 – 29.9. Do not gain any weight, especially if your waist measurement is high. You need to lose weight if you have two or more risk factors for heart disease and are overweight or have a high waist measurement, for women more than 35 inches.

Obese: BMI = 30 or greater. You need to lose weight. Lose weight slowly, at a rate of about ½ to 2 pounds a week. See your doctor or a nutritionist if you need to.

Another way to find out your BMI in 3 steps:

1. Multiply your weight in pounds (in underwear, but not with shoes) by 703.
2. Divide the answer to No. 1 by your height in inches.
3. Divide the answer to No. 2 by your height in inches.

Adapted From:

Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report The Heart Truth for Women Speakers Guide, U.S. Department of Health and Human Services (HHS), National Institutes of Health (NIH), National Heart, Lung and Blood Institute (NHLBI), Revised October 2010.

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