

Body Mass Index (BMI)

Body mass index (BMI) is a formula used to assess a person's body weight relative to height. This information is crucial in evaluating a person's risk for heart disease. Use either the table provided or calculate utilizing formula below.

To use the table, find your patient's height in the left hand column labeled "Height". Move across to her current weight. The number at the top of the column is the BMI at the height and weight. Pounds have been rounded off.

	Normal Weight						Overweight					Obese										
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	
Height																						
4'10"	91	96	100	105	110	115	119	124	129	134	138	148	148	153	158	162	167	172	177	181	186	
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	198	
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	158	168	168	174	179	184	189	194	198	
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	
5'9"	128	135	142	149	156	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	

Or

To calculate without the chart:

1. Multiply weight in pounds by 705
2. Divide sum by height in inches
3. Divide again by height in inches

Source: Adapted from National Heart, Lung, and Blood Institute. (1998). Clinical guidelines on the identification, evaluation and treatment of overweight and obesity in adults: The evidence report. Obesity Research, 6, (Suppl 2), S1S-209S.

Results:

Normal: less than 24.9

Overweight: 25–29.9

Obese: 30–39.9

Extremely Obese: more than 40