

# What's Your BMI?



BMI Height (inches)	Normal						Overweight					Obese			Extremely Obese			
	19	20	21	22	23	24	25	26	27	28	29	30	35	39	40	41	42	43
58	91	96	100	105	110	115	119	124	129	134	138	143	167	186	191	196	201	205
59	94	99	104	109	114	119	124	128	133	138	143	148	173	193	198	203	208	212
60	97	102	107	112	118	123	128	133	138	143	148	153	179	199	204	209	215	220
61	100	106	111	116	122	127	132	137	143	148	153	158	185	206	211	217	222	227
62	104	109	115	120	126	131	136	142	147	153	158	164	191	213	218	224	229	235
63	107	113	118	124	130	135	141	146	152	158	163	169	197	220	225	231	237	242
64	110	116	122	128	134	140	145	151	157	163	169	174	204	227	232	238	244	250
65	114	120	126	132	138	144	150	156	162	168	174	180	210	234	240	246	252	258
66	118	124	130	136	142	148	155	161	167	173	179	186	216	241	247	253	260	266
67	121	127	134	140	146	153	159	166	172	178	185	191	223	249	255	261	268	274
68	125	131	138	144	151	158	164	171	177	184	190	197	230	256	262	269	276	282
69	128	135	142	149	155	162	169	176	182	189	196	203	236	263	270	277	284	291
70	132	139	146	153	160	167	174	181	188	195	202	207	243	271	278	285	292	299
71	136	143	150	157	165	172	179	186	193	200	208	215	250	279	286	293	301	308
72	140	147	154	162	169	177	184	191	199	206	213	221	258	287	294	302	309	316
73	144	151	159	166	174	182	189	197	204	212	219	227	265	295	302	310	318	325
74	148	155	163	171	179	186	194	202	210	218	225	233	272	303	311	319	326	334
75	152	160	168	176	184	192	200	208	216	224	232	240	279	311	319	327	335	343
76	156	164	172	180	189	197	205	213	221	230	238	246	287	320	328	336	344	353

Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*.

Body Mass Index (BMI) is a measure of your weight relative to your height. It may not be accurate for athletes and those with a muscular build or for seniors and others who have a reduced muscle mass. Talk to your doctor to see if you should lose weight. A weight loss of just 10% of your current weight will help lower the risk for developing diseases associated with obesity.