

Body Mass Index (BMI) Chart

To determine your BMI*, find the column closest to your weight in pounds.

Follow the column down until it crosses the row that closely approximates your height in feet and inches.

		Weight (lbs)																							
		100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	320	320	330
Height (feet / inches)	5'0"	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	65
	5'1"	19	21	23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51	53	55	57	59	61	62
	5' 2"	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60
	5'3"	18	19	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53	55	57	59
	5'4"	17	19	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55	57
	5'5"	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55
	5'6"	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52	53
	5'7"	16	17	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47	49	50	52
	5'8"	15	17	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49	50
	5'9"	15	16	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44	46	47	49
	5'10"	14	16	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46	47
	5'11"	14	15	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42	43	45	46
	6'0"	14	15	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	42	43	45
	6'1"	13	15	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	44
	6'2"	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41	42
	6'3"	13	14	15	16	18	19	20	21	23	24	25	26	28	29	30	31	32	34	35	36	38	39	40	41
6'4"	12	13	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37	38	39	40	
		Underweight (BMI less than 18)					Healthy Weight (BMI 18-24.9)						Overweight (BMI 25-29.9)				Obese (BMI 30-39.9)					Severely Obese (BMI > 40)			

*Chart for adults 20-years and older

How does BMI relate to health? The BMI ranges are based on the effect body weight has on disease and death. As BMI increases, the risk for some disease increases. BMI is only one of many factors used to predict risk for disease, but some common conditions related to overweight and obesity include premature death, cardiovascular disease, high blood pressure, osteoarthritis, diabetes and some cancer.

Talk to your doctor! Whatever your BMI, talk to your doctor to see if you are at an increased risk for disease and if you should lose weight. Physical activity and good nutrition are key factors in leading a healthy lifestyle and reducing the risk for disease.



**ALLEGHENY COUNTY
MEDICAL SOCIETY**

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