



Body Mass Index (BMI) Chart for Adults

Determine BMI by locating height along the left side of the chart, and then weight (or number closest to actual weight) across the top.

READING THE CHART ■ BMI Below 18.5 = Underweight ■ BMI 18.5-24.9 = Healthy Weight ■ BMI 25-29.9 = Overweight ■ BMI Over 30 = Obese

WEIGHT HEIGHT	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250	255	260	265	270	275	280	285	290	295	300	305	310	315	320	325	330	335	340	345	350	355	360	365	370	375	380	385	390	395	400																	
4'10"	21	22	23	24	25	26	27	27	29	30	31	32	33	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	81	82	83	84																	
4'11"	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84														
5'0"	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84													
5'1"	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	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84												
5'2"	18	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	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84											
5'3"	18	19	20	21	22	23	24	25	26	27	28	28	29	30	31	32	33	34	35	35	36	37	38	39	40	41	42	43	43	44	45	46	47	48	49	50	51	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84						
5'4"	17	18	19	20	21	22	22	23	24	25	26	27	28	28	29	30	31	32	33	34	34	35	36	37	38	39	40	41	42	43	44	45	46	46	47	48	49	50	51	52	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84					
5'5"	17	18	18	19	20	21	22	23	23	24	25	26	27	28	28	29	30	31	32	32	33	34	35	36	37	37	38	39	40	41	42	42	43	44	45	46	47	47	48	49	50	51	52	52	53	54	55	56	57	58	59	60	61	62	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	
5'6"	16	17	18	19	19	20	21	22	23	23	24	25	26	27	27	28	29	30	31	32	32	33	34	35	36	36	37	38	39	40	41	42	43	44	44	45	46	47	48	48	49	50	51	52	53	53	54	55	56	57	58	59	60	61	62	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84
5'7"	16	16	17	18	19	20	21	22	23	24	24	25	26	27	27	28	29	30	31	31	32	33	34	35	36	37	38	39	40	41	42	42	43	44	45	46	47	48	49	50	51	52	53	53	54	55	56	57	58	59	60	61	62	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84		
5'8"	15	16	17	18	19	20	21	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84						
5'9"	15	16	16	17	18	19	20	21	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84				
5'10"	14	15	16	17	17	18	19	20	21	22	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	38	39	40	40	41	42	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84		
5'11"	14	15	15	16	17	17	18	19	20	20	21	22	22	23	24	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	38	39	40	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84
6'0"	14	14	15	16	16	17	18	18	19	20	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84		
6'1"	13	14	15	15	16	17	17	18	19	20	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	
6'2"	13	14	14	15	16	17	17	18	19	20	21	21	22	23	24	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	
6'3"	12	13	14	14	15	16	17	18	19	20	21	21	22	23	24	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84		
6'4"	12	13	13	14	15	16	17	18	19	20	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84		
6'5"	12	12	13	14	15	16	17	18	19	20	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84		
6'6"	12	12	13	13	14	15	16	17	18	19	20	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	

Use these values to determine whether a patient has excess abdominal fat: Men: over 40 inches (102 cm) Women: over 35 inches (89 cm)

Measuring BMI and waist circumference for adults at every office visit can help you monitor overweight or obesity, and the associated risk of cardiovascular disease, type 2 diabetes, dyslipidemia and hypertension. Measuring BMI can also help you open the conversation about key behavioral changes.

Note: BMI may overestimate body fat in athletes or others who have a muscular build and may underestimate body fat in older persons who have lost muscle mass.
Source: Adapted with permission from Body Mass Index (BMI) Chart for Adults. The Expert Panel. Clinical guidelines on the identification, evaluation, and treatment of overweight and obesity in adults: evidence report. Obes Res. 1998;6(suppl2): 51S-209S. Copyright © 1998, North American Association for the Study of Obesity.





Why measure body mass index?

Calculating body mass index (BMI) is the first step in determining whether a patient is overweight or obese. BMI is comparable to blood pressure, a measurement that should be recorded every time a patient is weighed during an office visit. Discussing a patient's BMI is also a natural way to open a conversation about the benefits of making small lifestyle changes. In adults, overweight increases the risk of type 2 diabetes, cardiovascular disease, some cancers and early death. BMI can be used to gain additional insight into patients' health risks. Even small changes in body weight can be associated with improved health outcomes.

Measuring the BMI of every patient weighed in your office may involve adjustments to office procedures. The designated staff person (physician assistant, nurse, etc.) who records routine vital signs (height, weight, blood pressure, etc.) should assess BMI before the family physician encounters the patient. A BMI chart should be kept in the area where patients are weighed to help the process. Another BMI chart should be made available in the exam room for the family physician. The BMI assessment will then be readily available for the family physician. A patient's BMI can be discussed during the "teachable moment(s)" of the visit and the additional chart in the exam room can be used to explain significance of BMI to the patient.

Use these standard values in counseling patients about weight and health:

ADULTS

- Underweight: BMI = Below 18.5
- Healthy Weight: BMI = 18.5 to 24.9
- Overweight: BMI = 25 to 29.9
- Obese: BMI = Over 30

*CHILDREN AND TEENS AGES 2-20

- Underweight: BMI-for-age < 5th percentile
- Normal: BMI-for-age 5th to < 85th percentile
- At risk of overweight: BMI-for-age 85th percentile to < 95th percentile
- Overweight: BMI-for-age \geq 95th percentile

***BMI in children and teens ages 2 to 20:** Because normative values for BMI are highly gender- and age-specific for children and teens ages 2 to 20, adult definitions for overweight and obesity based on BMI cannot be used. Growth charts of gender- and age-specific BMI percentiles are provided in the *AIM to Change* toolkit to help assess a child's BMI. Additional information and charts are also available on the Centers for Disease Control and Prevention web site: <http://www.cdc.gov/nccdphp/dnpa/bmi/bmi-for-age.htm>

Why measure waist circumference?

Waist circumference is a way to determine whether or not a patient has excess abdominal fat, a risk factor for cardiovascular disease, type 2 diabetes, dyslipidemia and hypertension. Waist circumference may also be used in the diagnosis of metabolic syndrome, a risk factor for type 2 diabetes. Metabolic syndrome is estimated to affect almost a quarter of the U.S. population.

Like BMI, waist circumference should be measured for every patient at every visit that height and weight are measured. **Waist circumference is defined as the smallest circumference below the rib cage and above the umbilicus.** A flexible tape measure may be used to determine waist circumference. Again, the designated staff person (physician assistant, nurse, etc.) who assesses routine vital signs before a patient visit should also measure waist circumference before the family physician encounters the patient. Then, this information will be readily available for the visit.

Use these values to determine whether a patient has excess abdominal fat: Men: over 40 inches (102 cm) Women: over 35 inches (89 cm)



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