

Body Mass Index (BMI) Charts

Body Mass Index (BMI) Table for Adults

		HEIGHT in feet/inches and centimeters																			
		4'8"	4'9"	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"
		142cm	147	150	152	155	157	160	163	165	168	170	173	175	178	180	183	185	188	191	193
		142cm	147	150	152	155	157	160	163	165	168	170	173	175	178	180	183	185	188	191	193
WEIGHT	lbs	4'8"	4'9"	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"
	(kg)	142cm	147	150	152	155	157	160	163	165	168	170	173	175	178	180	183	185	188	191	193
260	(117.9)	58	56	54	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	32
255	(115.7)	57	55	53	51	50	48	47	45	44	42	41	40	39	38	37	36	35	34	33	32
250	(113.4)	56	54	52	50	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31
245	(111.1)	55	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	32	31	30
240	(108.9)	54	52	50	48	47	45	44	43	41	40	39	38	36	35	34	33	33	32	31	30
235	(106.6)	53	51	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29
230	(104.3)	52	50	48	46	45	43	42	41	39	38	37	36	35	34	33	32	31	30	29	28
225	(102.1)	50	49	47	45	44	43	41	40	39	37	36	35	34	33	32	31	31	30	29	28
220	(99.8)	49	48	46	44	43	42	40	39	38	37	36	34	33	32	32	31	30	29	28	27
215	(97.5)	48	47	45	43	42	41	39	38	37	36	35	34	33	32	31	30	29	28	27	26
210	(95.3)	47	45	44	42	41	40	38	37	36	35	34	33	32	31	30	29	28	28	27	26
205	(93.0)	46	44	43	41	40	39	37	36	35	34	33	32	31	30	29	29	28	27	26	25
200	(90.7)	45	43	42	40	39	38	37	35	34	33	32	31	30	30	29	28	27	26	25	24
195	(88.5)	44	42	41	39	38	37	36	35	33	32	31	31	30	29	28	27	26	26	25	24
190	(86.2)	43	41	40	38	37	36	35	34	33	32	31	30	29	28	27	26	26	25	24	23
185	(83.9)	41	40	39	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23
180	(81.6)	40	39	38	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22
175	(79.4)	39	38	37	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	21
170	(77.1)	38	37	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21
165	(74.8)	37	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20
160	(72.6)	36	35	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20
155	(70.3)	35	34	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19
150	(68.0)	34	32	31	30	29	28	27	27	26	25	24	23	23	22	22	21	20	20	19	18
145	(65.8)	33	31	30	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	18	17
140	(63.5)	31	30	29	28	27	26	26	25	24	23	23	22	21	21	20	20	19	18	17	16
135	(61.2)	30	29	28	27	26	26	25	24	23	22	22	21	21	20	19	19	18	18	17	16
130	(59.0)	29	28	27	26	25	25	24	23	22	22	21	20	20	19	19	18	18	17	16	15
125	(56.7)	28	27	26	25	24	24	23	22	21	21	20	20	19	18	18	17	17	16	16	15
120	(54.4)	27	26	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	14
115	(52.2)	26	25	24	23	22	22	21	20	20	19	19	18	17	17	16	16	16	15	15	14
110	(49.9)	25	24	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15	14	13
105	(47.6)	24	23	22	21	21	20	19	19	18	17	17	16	16	16	15	15	14	14	13	12
100	(45.4)	22	22	21	20	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	12
95	(43.1)	21	21	20	19	19	18	17	17	16	16	15	15	14	14	14	13	13	13	12	11
90	(40.8)	20	19	19	18	18	17	16	16	15	15	15	14	14	13	13	13	12	12	12	11
85	(38.6)	19	18	18	17	17	16	16	15	15	14	14	13	13	13	12	12	12	11	11	10
80	(36.3)	18	17	17	16	16	15	15	14	14	13	13	13	12	12	11	11	11	10	10	9

Note: BMI values rounded to the nearest whole number. BMI categories based on CDC (Centers for Disease Control and Prevention) criteria.

$$\text{BMI} = \text{Weight}[\text{kg}] / (\text{Height}[\text{m}] \times \text{Height}[\text{m}]) = 703 \times \text{Weight}[\text{lb}] / (\text{Height}[\text{in}] \times \text{Height}[\text{in}]) \quad \text{© 2009 Vertex42 LLC}$$

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