Body Mass Index

What is BMI and How is it Measured?

BMI is calculated by using your weight and height (kg/m²).

BMI is a general measurement for the average adult that can give an overall impression about your health based on your bodyweight (measured in kilograms), and height (measured in meters squared). Values that are too high, as well as too low, are dangerous for living and can put you at risk for things like organ failure, a weak immune system, anaemia, osteoporosis, cardiovascular disease, diabetes, and sleep apnea, among others.

To calculate your own BMI:

First take your height and convert it to inches (12 inch=1foot)

> Ex: 5'7"= 67 in.

Convert inches to meters (in. x . and then square it (multiply it by itself).

> Ex: 67 x 0.0254 => 1.7018m x 1.7018m = 2.896 m²

Convert pounds to kilograms (lbs ÷ 2.2)

> Ex: 140 lbs ÷ 2.2 = 63.636

Calculate BMI (kg/m²)

> Ex: 63.6 ÷ 2.9 = 21.9 BMI

BMI Exceptions
BMI applies to the average adult and may not apply to you. If you are an extreme athlete, pregnant, very elderly, or a child, these values may not reflect your proper health status. An increased amount of muscle (or carrying a baby) can indicate an "obese" weight. In these cases, for an accurate health assessment see a professional. For best weight insight, try using body fat testing.

UNDERWEIGHT	HEALTHY WEIGHT	OVERWEIGHT	OBESE WEIGHT
☹️	😀	😐	☹️
BMI: 18.4 or less	BMI: 18.5 - 24.9	BMI: 25- 29.9	Tier 1: BMI 30-34.9 Tier 2: BMI 35-39.9 Tier 3: BMI over 40

BMI and Risk Values

Find your BMI value below by cross searching your height (left column) and weight (top row).

	90	95	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
4'5	22.5	23.8	25	26.3	27.5	28.8	30	31.3	32.5	33.8	35	36.3	37.5	38.8	40	41.3	42.5	43.8	45	46.3	47.6	48.8	50.5	51.3	52.6	53.8	55.1	56.3	57.6	58.8	60.1	61.3	62.6
4'6	21.7	22.9	24.1	25.3	26.5	27.7	28.9	30.1	31.3	32.5	33.8	35	36.2	37.4	38.6	39.8	41	42.2	43.4	44.6	45.8	47	48.2	49.4	50.6	51.8	53	54.2	55.5	56.7	57.9	59.1	60.3
4'7	20.9	22.1	23.2	24.4	25.6	26.7	27.9	29	30.2	31.4	32.5	33.7	34.9	36	37.2	38.3	39.5	40.7	41.8	43	44.2	45.3	46.5	47.6	48.8	50	51.1	52.3	53.5	54.6	55.8	56.9	58.1
4'8	20.2	21.3	22.4	23.5	24.7	25.8	26.9	28	29.1	30.3	31.4	32.5	33.6	34.7	35.9	37	38.1	39.2	40.4	41.5	42.6	43.7	44.8	46	47.1	48.2	49.3	50.4	51.6	52.7	53.8	54.9	56
4'9	19.5	20.6	21.6	22.7	23.8	24.9	26	27	28.1	29.2	30.3	31.4	32.5	33.5	34.6	35.7	36.8	37.9	38.9	40	41.1	42.2	43.3	44.4	45.4	46.5	47.6	48.7	49.8	50.8	51.9	53	54.1
4'10	18.8	19.9	20.9	21.9	23	24	25.1	26.1	27.2	28.2	29.3	30.3	31.3	32.4	33.4	34.5	35.5	36.6	37.6	38.7	39.7	40.8	41.8	42.8	43.9	44.9	46	47	48.1	49.1	50.2	51.2	52.2
4'11	18.2	19.2	20.2	21.2	22.2	23.2	24.2	25.2	26.3	27.3	28.3	29.3	30.3	31.3	32.3	33.3	34.3	35.3	36.4	37.4	38.4	39.4	40.4	41.4	42.4	43.4	44.4	45.4	46.5	47.5	48.5	49.5	50.5
5'0	17.6	18.6	19.5	20.5	21.5	22.5	23.4	24.4	25.4	26.4	27.3	28.3	29.3	30.3	31.2	32.2	33.2	34.2	35.2	36.1	37.1	38.1	39.1	40	41	42	43	43.9	44.9	45.9	46.9	47.8	48.8
5'1	17	17.9	18.9	19.8	20.8	21.7	22.7	23.6	24.6	25.5	26.4	27.4	28.3	29.3	30.2	31.2	32.1	33.1	34	35	35.9	36.8	37.8	38.7	39.7	40.6	41.6	42.5	43.5	44.4	45.3	46.3	47.2
5'2	16.5	17.4	18.3	19.2	20.1	21	21.9	22.9	23.8	24.7	25.6	26.5	27.4	28.3	29.3	30.2	31.1	32	32.9	33.8	34.7	35.7	36.6	37.5	38.4	39.3	40.2	41.2	42.1	43	43.9	44.8	45.7
5'3	15.9	16.8	17.7	18.6	19.5	20.4	21.3	22.1	23	23.9	24.8	25.7	26.6	27.5	28.3	29.2	30.1	31	31.9	32.8	33.7	34.5	35.4	36.3	37.2	38.1	39	39.9	40.7	41.6	42.5	43.4	44.3
5'4	15.4	16.3	17.2	18	18.9	19.7	20.6	21.5	22.3	23.2	24	24.9	25.7	26.6	27.5	28.3	29.2	30	30.9	31.8	32.6	33.5	34.3	35.2	36	36.9	37.8	38.6	39.5	40.3	41.2	42.1	42.9
5'5	15	15.8	16.6	17.5	18.3	19.1	20	20.8	21.6	22.5	23.3	24.1	25	25.8	26.6	27.5	28.3	29.1	30	30.8	31.6	32.4	33.3	34.1	34.9	35.8	36.6	37.4	38.3	39.1	39.9	40.8	41.6
5'6	14.5	15.3	16.1	16.9	17.8	18.6	19.4	20.2	21	21.8	22.6	23.4	24.2	25	25.8	26.6	27.4	28.2	29	29.9	30.7	31.5	32.3	33.1	33.9	34.7	35.5	36.3	37.1	37.9	38.7	39.5	40.3
5'7	14.1	14.9	15.7	16.4	17.2	18	18.8	19.6	20.4	21.1	21.9	22.7	23.5	24.3	25.1	25.8	26.6	27.4	28.2	29	29.8	30.5	31.3	32.1	32.9	33.7	34.5	35.2	36	36.8	37.6	38.4	39.2
5'8	13.7	14.4	15.2	16	16.7	17.5	18.2	9	19.8	20.5	21.3	22	22.8	23.6	24.3	25.1	25.8	26.6	27.4	28.1	28.9	29.6	30.4	31.2	31.9	32.7	33.4	34.2	35	35.7	36.5	37.2	38
5'9	13.3	14	14.8	15.5	16.2	17	17.7	18.5	19.2	19.9	20.7	21.4	22.1	22.9	23.6	24.4	25.1	25.8	26.6	27.3	28.1	28.8	29.5	30.3	31	31.7	32.5	33.2	34	34.7	35.4	36.2	36.9
5'10	12.9	13.6	14.3	15.1	15.8	16.5	17.2	17.9	18.7	19.4	20.1	20.8	21.5	22.2	23	23.7	24.4	25.1	25.8	26.5	27.3	28	28.7	29.4	30.1	30.8	31.6	32.3	33	33.7	34.4	35.2	35.9
5'11	12.6	13.2	13.9	14.6	15.3	16	16.7	17.4	18.1	18.8	19.5	20.2	20.9	21.6	22.6	23	23.7	24.4	25.1	25.8	26.5	27.2	27.9	28.6	29.3	30	30.7	31.4	32.1	32.8	33.5	34.2	34.9
6'0	12.2	12.9	13.6	14.2	14.9	15.6	16.3	17	17.6	18.3	19	19.7	20.3	21	21.7	22.4	23.1	23.7	24.4	25.1	25.8	26.4	27.1	27.8	28.5	29.2	29.8	30.5	31.2	31.9	32.5	33.2	33.9
6'1	11.9	12.5	13.2	13.9	14.5	15.2	15.8	16.5	17.1	17.8	18.5	19.1	19.8	20.4	21.1	21.8	22.4	23.1	23.7	24.4	25.1	25.7	26.4	27	27.7	28.4	29	29.7	30.3	31	31.7	32.3	33
6'2	11.6	12.2	12.8	13.5	14.1	14.8	15.4	16	16.7	17.3	18	18.6	19.3	19.9	20.5	21.2	21.8	22.5	23.1	23.8	24.4	25	25.7	26.3	27	27.6	28.2	28.9	29.5	30.2	30.8	31.5	32.1
6'3	11.3	11.9	12.5	13.1	13.7	14.4	15	15.6	16.2	16.9	17.5	18.1	18.7	19.4	20	20.6	21.2	21.9	22.5	23.1	23.7	24.4	25	25.6	26.2	26.9	27.5	28.1	28.7	29.4	30	30.6	31.2
6'4	10.9	11.6	12.2	12.8	13.4	14	14.6	15.2	15.8	16.4	17	17.6	18.3	18.9	19.5	20.1	20.7	21.3	21.9	22.5	23.1	23.7	24.3	25	25.6	26.2	26.8	27.4	28	28.6	29.2	29.8	30.4
6'5	10.7	11.3	11.9	12.4	13	13.6	14.2	14.8	15.4	16.6	16.6	17.2	17.8	18.4	19	19.6	20.2	20.7	21.3	21.9	22.5	23.1	23.7	24.3	24.9	25.5	26.1	26.7	27.3	27.9	28.5	29	29.6

UNDERWEIGHT

BMI: 18.4 or less

HEALTHY WEIGHT

BMI: 18.5 - 24.9

OVERWEIGHT

BMI: 25- 29.9

OBESE WEIGHT

Tier 1: BMI 30-34.9

Tier 2: BMI 35-39.9

Tier 3: BMI over 40