

Source: <http://www.consumer.gov/weightloss/bmi.htm>

Body mass index, or BMI, is a new term to most people. However, it is the measurement of choice for many physicians and researchers studying obesity. BMI uses a mathematical formula that takes into account both a person's height and weight. BMI equals a person's weight in kilograms divided by height in meters squared. (BMI=kg/m<sup>2</sup>).

**Risk of Associated Disease According to BMI**

BMI (kg/m <sup>2</sup> )	19	20	21	22	23	24	25	26	27	28	29	30	35	40
<b>Height (in.)</b>	<b>Wt (lb.)</b>													
<b>58</b>	91	96	100	105	110	115	119	124	129	134	138	143	167	191
<b>59</b>	94	99	104	109	114	119	124	128	133	138	143	148	173	198
<b>60</b>	97	102	107	112	118	123	128	133	138	143	148	153	179	204
<b>61</b>	100	106	111	116	122	127	132	137	143	148	153	158	185	211
<b>62</b>	104	109	115	120	126	131	136	142	147	153	158	164	191	218
<b>63</b>	107	113	118	124	130	135	141	146	152	158	163	169	197	225
<b>64</b>	110	116	122	128	134	140	145	151	157	163	169	174	204	232
<b>65</b>	114	120	126	132	138	144	150	156	162	168	174	180	210	240
<b>66</b>	118	124	130	136	142	148	155	161	167	173	179	186	216	247
<b>67</b>	121	127	134	140	146	153	159	166	172	178	185	191	223	255
<b>68</b>	125	131	138	144	151	158	164	171	177	184	190	197	230	262
<b>69</b>	128	135	142	149	155	162	169	176	182	189	196	203	236	270
<b>70</b>	132	139	146	153	160	167	174	181	188	195	202	207	243	278
<b>71</b>	136	143	150	157	165	172	179	186	193	200	208	215	250	286
<b>72</b>	140	147	154	162	169	177	184	191	199	206	213	221	258	294
<b>73</b>	144	151	159	166	174	182	189	197	204	212	219	227	265	302
<b>74</b>	148	155	163	171	179	186	194	202	210	218	225	233	272	311
<b>75</b>	152	160	168	176	184	192	200	208	216	224	232	240	279	319
<b>76</b>	156	164	172	180	189	197	205	213	221	230	238	246	287	328

BMI	
18.5 or less	Underweight
18.5 - 24.9	Normal
25.0 - 29.9	Overweight
30.0 - 34.9	Obese
35.0 - 39.9	Severely Obese
40 or greater	Extremely (Morbidly) Obese