

## Learn about Body Mass Index (BMI)

For **adults**, a healthy weight is defined as the appropriate weight in relation to height. This ratio of weight to height is known as the **body mass index** (BMI). People who are overweight might have too much body weight for their height. People who are obese almost always have a large amount of body fat in relation to their height. There are exceptions, of course. Big athletes with lots of muscle might have a BMI over 30.0 but would not be considered obese from the perspective of health risk.

[Use a BMI calculator for adults](#) and learn your BMI by entering your height and weight. Or [use the tables below](#) to learn your BMI.

For **children and teens**, overweight is defined differently than it is for adults. Because children are still growing, and boys and girls develop at different rates, BMIs for children 2 to 20 years old are determined by comparing their weight and height against growth charts that take their age and gender into account.

A child's "BMI-for-age" shows how his or her BMI compares with other boys or girls of the same age. A child or teen who is between the 85th and 95th percentile on the growth chart is considered at risk of overweight. A child or teen who is at the 95th percentile or above is considered overweight.

Ask your family doctor, pediatrician, or other health care provider about your child's BMI-for-age. For more information about BMI-for-age and growth charts for children, visit

[www.cdc.gov/nccdphp/dnpa/bmi/bmi-for-age.htm](http://www.cdc.gov/nccdphp/dnpa/bmi/bmi-for-age.htm).

### BMI Tables for Adults

To use these tables, find the appropriate height in the left-hand column labeled Height. Move across to a given weight (in pounds). The number at the top of the column is the BMI at that height and weight. Pounds have been rounded off. **Remember, these charts apply only to adults.**

**Table #1: BMI 19–27**

BMI	19	20	21	22	23	24	25	26	27
Height (inches)	Body Weight (pounds)								
58	91	96	100	105	110	115	119	124	129
59	94	99	104	109	114	119	124	128	133
60	97	102	107	112	118	123	128	133	138
61	100	106	111	116	122	127	132	137	143
62	104	109	115	120	126	131	136	142	147
63	107	113	118	124	130	135	141	146	152
64	110	116	122	128	134	140	145	151	157
65	114	120	126	132	138	144	150	156	162
66	118	124	130	136	142	148	155	161	167
67	121	127	134	140	146	153	159	166	172
68	125	131	138	144	151	158	164	171	177
69	128	135	142	149	155	162	169	176	182
70	132	139	146	153	160	167	174	181	188
71	136	143	150	157	165	172	179	186	193
72	140	147	154	162	169	177	184	191	199
73	144	151	159	166	174	182	189	197	204
74	148	155	163	171	179	186	194	202	210
75	152	160	168	176	184	192	200	208	216
76	156	164	172	180	189	197	205	213	221

**Table #2: BMI 28–35**

<b>BMI</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>32</b>	<b>33</b>	<b>34</b>	<b>35</b>
<b>Height (inches)</b>	<b>Body Weight (pounds)</b>							
<b>58</b>	134	138	143	148	153	158	162	167
<b>59</b>	138	143	148	153	158	163	168	173
<b>60</b>	143	148	153	158	163	168	174	179
<b>61</b>	148	153	158	164	169	174	180	185
<b>62</b>	153	158	164	169	175	180	186	191
<b>63</b>	158	163	169	175	180	186	191	197
<b>64</b>	163	169	174	180	186	192	197	204
<b>65</b>	168	174	180	186	192	198	204	210
<b>66</b>	173	179	186	192	198	204	210	216
<b>67</b>	178	185	191	198	204	211	217	223
<b>68</b>	184	190	197	203	210	216	223	230
<b>69</b>	189	196	203	209	216	223	230	236
<b>70</b>	195	202	209	216	222	229	236	243
<b>71</b>	200	208	215	222	229	236	243	250
<b>72</b>	206	213	221	228	235	242	250	258
<b>73</b>	212	219	227	235	242	250	257	265
<b>74</b>	218	225	233	241	249	256	264	272
<b>75</b>	224	232	240	248	256	264	272	279
<b>76</b>	230	238	246	254	263	271	279	287

**Table #3: BMI 36–44**

<b>BMI</b>	<b>36</b>	<b>37</b>	<b>38</b>	<b>39</b>	<b>40</b>	<b>41</b>	<b>42</b>	<b>43</b>	<b>44</b>
<b>Height (inches)</b>	<b>Body Weight (pounds)</b>								
<b>58</b>	172	177	181	186	191	196	201	205	210
<b>59</b>	178	183	188	193	198	203	208	212	217
<b>60</b>	184	189	194	199	204	209	215	220	225
<b>61</b>	190	195	201	206	211	217	222	227	232
<b>62</b>	196	202	207	213	218	224	229	235	240
<b>63</b>	203	208	214	220	225	231	237	242	248
<b>64</b>	209	215	221	227	232	238	244	250	256
<b>65</b>	216	222	228	234	240	246	252	258	264
<b>66</b>	223	229	235	241	247	253	260	266	272
<b>67</b>	230	236	242	249	255	261	268	274	280
<b>68</b>	236	243	249	256	262	269	276	282	289
<b>69</b>	243	250	257	263	270	277	284	291	297
<b>70</b>	250	257	264	271	278	285	292	299	306
<b>71</b>	257	265	272	279	286	293	301	308	315

<b>Table #3: BMI 36–44</b>									
<b>BMI</b>	<b>36</b>	<b>37</b>	<b>38</b>	<b>39</b>	<b>40</b>	<b>41</b>	<b>42</b>	<b>43</b>	<b>44</b>
<b>Height (inches)</b>	<b>Body Weight (pounds)</b>								
<b>72</b>	265	272	279	287	294	302	309	316	324
<b>73</b>	272	280	288	295	302	310	318	325	333
<b>74</b>	280	287	295	303	311	319	326	334	342
<b>75</b>	287	295	303	311	319	327	335	343	351
<b>76</b>	295	304	312	320	328	336	344	353	361

<b>Table #4: BMI 45–54</b>										
<b>BMI</b>	<b>45</b>	<b>46</b>	<b>47</b>	<b>48</b>	<b>49</b>	<b>50</b>	<b>51</b>	<b>52</b>	<b>53</b>	<b>54</b>
<b>Height (inches)</b>	<b>Body Weight (pounds)</b>									
<b>58</b>	215	220	224	229	234	239	244	248	253	258
<b>59</b>	222	227	232	237	242	247	252	257	262	267
<b>60</b>	230	235	240	245	250	255	261	266	271	276
<b>61</b>	238	243	248	254	259	264	269	275	280	285
<b>62</b>	246	251	256	262	267	273	278	284	289	295
<b>63</b>	254	259	265	270	278	282	287	293	299	304
<b>64</b>	262	267	273	279	285	291	296	302	308	314
<b>65</b>	270	276	282	288	294	300	306	312	318	324
<b>66</b>	278	284	291	297	303	309	315	322	328	334
<b>67</b>	287	293	299	306	312	319	325	331	338	344
<b>68</b>	295	302	308	315	322	328	335	341	348	354
<b>69</b>	304	311	318	324	331	338	345	351	358	365
<b>70</b>	313	320	327	334	341	348	355	362	369	376
<b>71</b>	322	329	338	343	351	358	365	372	379	386
<b>72</b>	331	338	346	353	361	368	375	383	390	397
<b>73</b>	340	348	355	363	371	378	386	393	401	408
<b>74</b>	350	358	365	373	381	389	396	404	412	420
<b>75</b>	359	367	375	383	391	399	407	415	423	431
<b>76</b>	369	377	385	394	402	410	418	426	435	443

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