

Care Gram

Adult Body Mass Index (BMI)

What Is BMI?

Body Mass Index (BMI) is a calculated score based on a person's weight and height. BMI does not measure the amount of fat or muscle a person has on their body. BMI is an easy way to screen for weight problems.

What Does My BMI Score Mean?

BMI score places a person into one of four main groups – underweight, normal, overweight or obese.

Body Mass Index Categories	
BMI	Weight Category
Below 18.5	Underweight
18.5-24.9	Normal
25.0-29.9	Overweight
30 and above	Obese

People who score in the underweight, overweight or obese category based on their BMI score are more likely to have health problems due to their weight. However, BMI does not show how much fat or muscle a person has on their body. Nor does it show a persons' actual risk for health problems due to their weight.

For example, a high BMI does not always mean that a person has too much fat mass or will develop health problems related to their weight. Instead, additional assessments should be done. This might include skinfold thickness measurement, review of diet and physical activity, personal and family history and other health screenings.

What Is My Ideal BMI?

Your ideal BMI is personal to you. The BMI score is based on a healthy adult. Age, ethnic background, personal and family history, diet, and exercise should be considered when determining your ideal BMI. Talk to your doctor about your ideal BMI.



**Licking Memorial
Health Systems**

1320 West Main Street • Newark, Ohio 43055
(220) 564-4000 • www.LMHealth.org

1616-0505
04/05/2018
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How Do I Calculate My BMI?

The table below can help you calculate your BMI. To use this table, find your height on the left-hand column with your finger. Move your finger across the row until you find your weight. Move your finger to the top of the table. The number at the top is your BMI.

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