

Body Mass Index: A Measure of Health



Only your health care team (doctor, nurse, pharmacist, or other office staff) can tell you if your weight may cause health problems. Talk to them if you have any concerns about your weight.

What is BMI?

Being overweight or obese is a big health concern. One way to tell if your weight is putting you at risk of health problems is to know your body mass index (BMI). Body mass index measures a person's body fat. Your body mass index number is figured using your height and weight. People may have different body types. However, your body mass index is a way to tell if you weigh too much. Your health care team can use your body mass index to determine if you may be at risk for health problems.

A BMI between 18.5 and 24.9 indicates a healthy weight.

Don't Wait to Know Your Weight

Weighing too much can lead to many health problems. There is a difference between weighing too much and being obese. People who are **overweight** are "heavy." They weigh about 10% more than they should. People who are **obese** are

well above their normal weight. They are more than 20% over the best weight for their height, age, sex, and build. Being obese puts a person at much greater risk of health problems.

Extra weight can affect your body in many ways. It can make your heart work harder, raise your blood pressure, and lower the "good" cholesterol your body makes. That extra weight can also be hard on your joints. It can lead to breathing problems, diabetes, or stroke. The good news is you can avoid these health problems. **Losing just 10 pounds can lower your risk of heart disease.**

Keep in mind, there are things you can do to manage your weight and improve your health. Eating a balanced diet and being active are two ways to help you lose those extra pounds.

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How to find your BMI

Work with your health care team to find your body mass index. Find your exact height and weight. Then, find your body mass index using the table below. To find your height, look at the column labeled “height.” For instance, if you are 5 feet and 8 inches tall, look down the column until you find “5 ft 8.” Follow that row to the right to find your weight in pounds. **The number at the top of the column is your BMI.**

Body Mass Index Table

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height	Body Weight (pounds)																
4ft 10	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4ft 11	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5ft	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5ft 1	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5ft 2	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5ft 3	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5ft 4	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5ft 5	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5ft 6	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5ft 7	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5ft 8	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5ft 9	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5ft 10	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5ft 11	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6ft	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6ft 1	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6ft 2	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6ft 3	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
6ft 4	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287