

Body Mass Index

The Body Mass Index (BMI) is an estimate of overall disease risk. The BMI categories are not gender specific. BMI is not a measurement of body composition (fat and lean mass). If you are pregnant, under 18, or involved with competitive athletics, the BMI may not be an accurate measure of your disease risk.

How to Calculate Your BMI

Usually, the BMI is calculated as a ratio of your weight in kilograms (kg) to your height in meters (m) squared or $BMI = kg / m^2$. In terms of pounds (lb) and inches (in), you need to divide your weight in pounds by your height in inches squared and then multiply by 703 or $BMI = (lb / in^2) \times 703$.

To make things easier, plug your height and weight into the Online BMI Calculator available on the McKinley web site (http://www.mckinley.illinois.edu/interactive/bmi_calculator.htm) or use the BMI Table on the next page.

Body Mass Index Interpretation

BMI	BMI Interpretation
< 18.5	<ul style="list-style-type: none"> It is possible that your weight is unhealthfully low, putting you at higher risk for certain medical conditions. Check with your healthcare provider to determine if weight gain is necessary.
18.5 - 24.9	<ul style="list-style-type: none"> Your BMI is in the healthy range. There is generally no health advantage for you to lose weight. Try to stay within this range throughout your life. Maintain healthful habits such as eating a balanced diet and engaging in regular physical activity. Reassess your BMI at least every two years and talk to your healthcare provider if there are significant BMI changes.
25 - 29.9	<ul style="list-style-type: none"> If you have two or more cardiovascular disease risk factors (smoking, high blood pressure, high cholesterol, sedentary lifestyle, diabetes), weight loss is indicated. In the absence of these risk factors weight maintenance is appropriate. If you do not have cardiovascular disease risk factors yet choose to reduce weight, try a low fat, high fiber diet and regular physical activity.
≥ 30	<ul style="list-style-type: none"> Weight loss is indicated to improve health and reduce disease risk. Start with the goal of reducing your current body weight by 10% using a low fat, high fiber, calorie-reduced diet and regular physical activity. Check with your healthcare provider before starting a strenuous exercise program.

Refer to the BMI index chart on the other side of this handout.

References

U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2005. 6th Edition, Washington, DC: U.S. Government Printing Office, January 2005.*

USDA Center for Nutrition Policy and Promotion. *Body Mass Index and Health, Nutrition Insight 16, March 2000.*
http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html "About BMI for Adults." Centers for Disease Control and Prevention. July 27, 2009.

If you are a registered University of Illinois student and you have questions or concerns, or need to make an appointment, please call: Dial-A-Nurse at 333-2700

If you are concerned about any difference in your treatment plan and the information in this handout, you are advised to contact your health care provider.

Visit the McKinley Health Center Web site at: <http://www.mckinley.illinois.edu>

BMI Table

To use the table below, find the appropriate height in the left-hand column labeled Height. Move across to your weight (in pounds). The number at the bottom of the column is the BMI at that height and weight. Pounds have been rounded off.

Height	Weight in Pounds																				
4' 10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186
4' 11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193
5 feet	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199
5' 1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206
5' 2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213
5' 3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220
5' 4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227
5' 5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234
5' 6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241
5' 7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249
5' 8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256
5' 9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263
5' 10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271
5' 11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279
6 feet	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287
6' 1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295
6' 2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303
6' 3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311
6' 4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39

Source: Evidence Report of Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, 1998. NIH/National Heart, Lung, and Blood Institute (NHLBI).