



About the Body Mass Index (BMI)

The BMI is a tool used by healthcare professionals to help estimate a person's risk for chronic disease. BMI uses height and weight to determine one's optimal health.

BMI for Adults (18 years and older)

Figure Your BMI

- Find your height and weight on the chart below.
- The number represents your BMI.

Your BMI is more than just a number

- If your BMI is **between 20 and 22**, you have the **ideal** amount of body fat, which is associated with living longest and the lowest incidence of illness.
- If your BMI is **between 22 and 25**, this is **acceptable** and associated with good health.
- If your BMI is **between 25 and 30**, you are considered overweight and should **find ways to lose weight through exercise and diet**.
- If your BMI is **over 30**, this indicates an unhealthy condition. **Your weight is putting you at risk** for heart disease, stroke, diabetes, high blood pressure and some cancers. You should lose weight by changing your diet and exercise behaviors.

Body Mass Index Chart for Adults

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

Healthy Weight

Overweight

Obese

BMI for Children and Adolescents

BMI is used differently with children than it is with adults.

- In children and adolescents, body mass index is used to assess underweight, overweight and risk for overweight.
- Children's body fatness changes over the years as they grow.
- Girls and boys differ in their body fatness as they mature. This is why BMI for children, also referred to as BMI-for-age, is gender and age specific. BMI-for-age is plotted on gender specific growth charts.
- These growth charts are used for children and adolescents 2-20 years of age. For the 2000 CDC Growth charts and Additional Information visit CDC's National Center for Health Statistics at www.cdc.gov/growthcharts.

Why is BMI-for-age a useful tool?

BMI-for age is used for children and adolescents because of their rate of growth and development. It is a useful tool because:

- Using the growth charts, healthcare providers can compare growth in infants, children and adolescents with a nationally representative reference based on children of all ages and racial or ethnic groups.
- Comparing body measurements with the appropriate age and gender specific growth chart enable healthcare providers to monitor growth and identify potential health or nutrition-related problems.
- BMI-for-age provides a reference for adolescents that can be used beyond puberty.
- BMI-for-age in children and adolescents compares well to laboratory measures of body fat.
- BMI-for-age can be used to track body size throughout life.

Adapted from "Aim for a Healthy Weight" published by the Arkansas Cardiovascular Health Program and information from the Centers for Disease Control and Prevention.

Waist Circumference

Determine your waist circumference by placing a measuring tape snugly around your waist. It is a good indicator of your abdominal fat which is another predictor of your risk for developing risk factors for heart disease and other diseases. This risk increases with a waist measurement of over 40 inches in men and over 35 inches in women

Waist Circumference Table

Classification of Overweight and Obesity by BMI, Waist Circumference, and Associated Disease Risks Disease Risk* Relative to Normal Weight and Waist Circumference

	BMI (kg/m ²)	Obesity Class	Men 102 cm (40 in) or less Women 88 cm (35 in) or less	Men > 102 cm (40 in) Women > 88 cm (35 in)
Underweight	< 18.5	-	-	-
Normal	18.5 - 24.9	-	-	-
Overweight	25.0 - 29.9	-	Increased	High
Obesity	30.0 - 34.9 35.0 - 39.9	I II	High Very High	Very High Very High
Extreme Obesity	40.0 +	III	Extremely High	Extremely High

* Disease risk for type 2 diabetes, hypertension, and CVD.

+ Increased waist circumference can also be a marker for increased risk even in persons of normal weight.

Daily Calorie Requirements

Find your estimated daily calorie needs below. The calorie ranges shown are to accommodate needs of different ages within the age group.

For children and adolescents, more calories are needed at older ages. For example, a moderately active 13-year-old girl should aim for 2,000 calories, but a moderately active 9-year-old girl should aim for 1,600 calories.

For adults, fewer calories are needed at older ages. For example, an active 31-year-old man should aim for 3,000 calories, but an active 50-year-old man should aim for 2,800 calories.

		Activity Level		
		Sedentary	Moderately Active	Active
Gender	Age (years)	Calories		
Child	2-3	1,000	1,000-1,400	1,000-1,400
Female	4-8	1,200	1,400-1,600	1,400-1,800
	9-13	1,600	1,600-2,000	1,800-2,200
	14-18	1,800	2,000	2,400
	19-30	2,000	2,000-2,200	2,400
	31-50	1,800	2,000	2,200
	51+	1,600	1,800	2,000-2,200
Male	4-8	1,400	1,400-1,600	1,600-2,000
	9-13	1,800	1,800-2,200	2,000-2,600
	14-18	2,200	2,400-2,800	2,800-3,200
	19-30	2,400	2,600-2,800	3,000
	31-50	2,200	2,400-2,600	2,800-3,000
	51+	2,000	2,200-2,400	2,400-2,800