



Body Mass Index (BMI)

BMI is a measure of estimated body fat in relation to your height. It is a screening tool you and your healthcare team can use to see if you are at a healthy weight for your height.

Use the table on the next page to find your BMI. First find your height in inches in the left column, and then move across to find your weight in pounds. The number at the top of this column is your BMI. You can also use the CDC's "Adult BMI Calculator" by visiting [cdc.gov/bmi/adult-calculator/index.html](https://www.cdc.gov/bmi/adult-calculator/index.html).

Aim for a BMI between 19 and 25. If your BMI is not in this range, you may want to talk to your healthcare provider about what you can do to lose or gain weight.

- **If your BMI is 25 or more**, losing weight may lower your risk of certain medical conditions including heart disease, high blood pressure, type 2 diabetes, and some cancers. Losing 5 to 10% of your current body weight over 6 months can have positive effects on your overall health.
- **If your BMI is less than 19**, gaining weight may lower your risk for certain health problems, such as fatigue, lower immunity (protection) against illness, muscle loss, bone loss, hair loss, and hormonal imbalance.

BMI is just one measure of your risk for weight-related health concerns. It does not consider your age, sex, ethnicity, and muscle mass. It may overestimate body fat in athletes or adults who have a muscular build. It may underestimate body fat in older people and others who have lost muscle. **Talk to your healthcare team about what is a healthy weight for you.**

BMI	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
Height in inches	Body weight in pounds																												
58	82	86	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215
59	84	89	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222
60	87	92	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230
61	90	96	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238
62	93	99	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246
63	96	102	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254
64	99	105	110	116	122	128	134	140	145	151	157	163	169	175	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262
65	102	108	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270
66	106	112	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	211	216	223	229	235	241	247	253	260	266	272	278
67	109	115	121	127	134	140	146	153	159	166	172	178	185	191	198	204	210	216	223	230	236	242	249	255	261	268	274	280	287
68	112	119	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295
69	115	122	128	135	142	149	155	162	169	176	182	189	196	203	210	216	223	230	236	243	250	257	263	270	277	284	291	297	304
70	119	126	132	139	146	153	160	167	174	181	188	195	202	209	216	223	229	236	243	250	257	264	271	278	285	292	299	306	313
71	122	129	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322
72	125	133	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	257	265	272	279	287	294	302	309	316	324	331
73	129	137	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340
74	133	140	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350
75	136	144	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359
76	140	148	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369

This handout is for informational purposes only. Talk to your healthcare provider if you have any questions about your care.

For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.