

BMI chart • centimetres and kilograms

Adults aged 20 and over. Find your height on the left and your weight across the top. BMI = weight (kg) ÷ height (m)², rounded to one decimal.



Underweight **under 18.5** Healthy weight **18.5–24.9** Overweight **25–29.9** Obesity **30 or more**

Height (cm) \ Weight (kg)	40	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130
145	19.0	21.4	23.8	26.2	28.5	30.9	33.3	35.7	38.0	40.4	42.8	45.2	47.6	49.9	52.3	54.7	57.1	59.5	61.8
147.5	18.4	20.7	23.0	25.3	27.6	29.9	32.2	34.5	36.8	39.1	41.4	43.7	46.0	48.3	50.6	52.9	55.2	57.5	59.8
150	17.8	20.0	22.2	24.4	26.7	28.9	31.1	33.3	35.6	37.8	40.0	42.2	44.4	46.7	48.9	51.1	53.3	55.6	57.8
152.5	17.2	19.3	21.5	23.6	25.8	27.9	30.1	32.2	34.4	36.5	38.7	40.8	43.0	45.1	47.3	49.4	51.6	53.7	55.9
155	16.6	18.7	20.8	22.9	25.0	27.1	29.1	31.2	33.3	35.4	37.5	39.5	41.6	43.7	45.8	47.9	49.9	52.0	54.1
157.5	16.1	18.1	20.2	22.2	24.2	26.2	28.2	30.2	32.2	34.3	36.3	38.3	40.3	42.3	44.3	46.4	48.4	50.4	52.4
160	15.6	17.6	19.5	21.5	23.4	25.4	27.3	29.3	31.2	33.2	35.2	37.1	39.1	41.0	43.0	44.9	46.9	48.8	50.8
162.5	15.1	17.0	18.9	20.8	22.7	24.6	26.5	28.4	30.3	32.2	34.1	36.0	37.9	39.8	41.7	43.6	45.4	47.3	49.2
165	14.7	16.5	18.4	20.2	22.0	23.9	25.7	27.5	29.4	31.2	33.1	34.9	36.7	38.6	40.4	42.2	44.1	45.9	47.8
167.5	14.3	16.0	17.8	19.6	21.4	23.2	24.9	26.7	28.5	30.3	32.1	33.9	35.6	37.4	39.2	41.0	42.8	44.6	46.3
170	13.8	15.6	17.3	19.0	20.8	22.5	24.2	26.0	27.7	29.4	31.1	32.9	34.6	36.3	38.1	39.8	41.5	43.3	45.0
172.5	13.4	15.1	16.8	18.5	20.2	21.8	23.5	25.2	26.9	28.6	30.2	31.9	33.6	35.3	37.0	38.6	40.3	42.0	43.7
175	13.1	14.7	16.3	18.0	19.6	21.2	22.9	24.5	26.1	27.8	29.4	31.0	32.7	34.3	35.9	37.6	39.2	40.8	42.4
177.5	12.7	14.3	15.9	17.5	19.0	20.6	22.2	23.8	25.4	27.0	28.6	30.2	31.7	33.3	34.9	36.5	38.1	39.7	41.3
180	12.3	13.9	15.4	17.0	18.5	20.1	21.6	23.1	24.7	26.2	27.8	29.3	30.9	32.4	34.0	35.5	37.0	38.6	40.1
182.5	12.0	13.5	15.0	16.5	18.0	19.5	21.0	22.5	24.0	25.5	27.0	28.5	30.0	31.5	33.0	34.5	36.0	37.5	39.0
185	11.7	13.1	14.6	16.1	17.5	19.0	20.5	21.9	23.4	24.8	26.3	27.8	29.2	30.7	32.1	33.6	35.1	36.5	38.0
187.5	11.4	12.8	14.2	15.6	17.1	18.5	19.9	21.3	22.8	24.2	25.6	27.0	28.4	29.9	31.3	32.7	34.1	35.6	37.0
190	11.1	12.5	13.9	15.2	16.6	18.0	19.4	20.8	22.2	23.5	24.9	26.3	27.7	29.1	30.5	31.9	33.2	34.6	36.0
192.5	10.8	12.1	13.5	14.8	16.2	17.5	18.9	20.2	21.6	22.9	24.3	25.6	27.0	28.3	29.7	31.0	32.4	33.7	35.1
195	10.5	11.8	13.1	14.5	15.8	17.1	18.4	19.7	21.0	22.4	23.7	25.0	26.3	27.6	28.9	30.2	31.6	32.9	34.2
197.5	10.3	11.5	12.8	14.1	15.4	16.7	17.9	19.2	20.5	21.8	23.1	24.4	25.6	26.9	28.2	29.5	30.8	32.0	33.3
200	10.0	11.3	12.5	13.8	15.0	16.3	17.5	18.8	20.0	21.3	22.5	23.8	25.0	26.3	27.5	28.8	30.0	31.3	32.5

Source: adult BMI categories of the US CDC and the WHO. Children and teens (2–19) use BMI-for-age percentiles instead. BMI is a screening estimate, not a diagnosis or medical advice.