

BMI chart • feet/inches and pounds

Adults aged 20 and over. Find your height on the left and your weight across the top. BMI = 703 × weight (lb) ÷ height (in)², rounded to one decimal.



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

Height \ Weight (lb)	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300
4'10"	20.9	23.0	25.1	27.2	29.3	31.3	33.4	35.5	37.6	39.7	41.8	43.9	46.0	48.1	50.2	52.2	54.3	56.4	58.5	60.6	62.7
4'11"	20.2	22.2	24.2	26.3	28.3	30.3	32.3	34.3	36.4	38.4	40.4	42.4	44.4	46.5	48.5	50.5	52.5	54.5	56.6	58.6	60.6
5'0"	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	52.7	54.7	56.6	58.6
5'1"	18.9	20.8	22.7	24.6	26.5	28.3	30.2	32.1	34.0	35.9	37.8	39.7	41.6	43.5	45.3	47.2	49.1	51.0	52.9	54.8	56.7
5'2"	18.3	20.1	21.9	23.8	25.6	27.4	29.3	31.1	32.9	34.8	36.6	38.4	40.2	42.1	43.9	45.7	47.6	49.4	51.2	53.0	54.9
5'3"	17.7	19.5	21.3	23.0	24.8	26.6	28.3	30.1	31.9	33.7	35.4	37.2	39.0	40.7	42.5	44.3	46.1	47.8	49.6	51.4	53.1
5'4"	17.2	18.9	20.6	22.3	24.0	25.7	27.5	29.2	30.9	32.6	34.3	36.0	37.8	39.5	41.2	42.9	44.6	46.3	48.1	49.8	51.5
5'5"	16.6	18.3	20.0	21.6	23.3	25.0	26.6	28.3	30.0	31.6	33.3	34.9	36.6	38.3	39.9	41.6	43.3	44.9	46.6	48.3	49.9
5'6"	16.1	17.8	19.4	21.0	22.6	24.2	25.8	27.4	29.1	30.7	32.3	33.9	35.5	37.1	38.7	40.4	42.0	43.6	45.2	46.8	48.4
5'7"	15.7	17.2	18.8	20.4	21.9	23.5	25.1	26.6	28.2	29.8	31.3	32.9	34.5	36.0	37.6	39.2	40.7	42.3	43.9	45.4	47.0
5'8"	15.2	16.7	18.2	19.8	21.3	22.8	24.3	25.8	27.4	28.9	30.4	31.9	33.5	35.0	36.5	38.0	39.5	41.1	42.6	44.1	45.6
5'9"	14.8	16.2	17.7	19.2	20.7	22.2	23.6	25.1	26.6	28.1	29.5	31.0	32.5	34.0	35.4	36.9	38.4	39.9	41.3	42.8	44.3
5'10"	14.3	15.8	17.2	18.7	20.1	21.5	23.0	24.4	25.8	27.3	28.7	30.1	31.6	33.0	34.4	35.9	37.3	38.7	40.2	41.6	43.0
5'11"	13.9	15.3	16.7	18.1	19.5	20.9	22.3	23.7	25.1	26.5	27.9	29.3	30.7	32.1	33.5	34.9	36.3	37.7	39.1	40.4	41.8
6'0"	13.6	14.9	16.3	17.6	19.0	20.3	21.7	23.1	24.4	25.8	27.1	28.5	29.8	31.2	32.5	33.9	35.3	36.6	38.0	39.3	40.7
6'1"	13.2	14.5	15.8	17.2	18.5	19.8	21.1	22.4	23.7	25.1	26.4	27.7	29.0	30.3	31.7	33.0	34.3	35.6	36.9	38.3	39.6
6'2"	12.8	14.1	15.4	16.7	18.0	19.3	20.5	21.8	23.1	24.4	25.7	27.0	28.2	29.5	30.8	32.1	33.4	34.7	35.9	37.2	38.5
6'3"	12.5	13.7	15.0	16.2	17.5	18.7	20.0	21.2	22.5	23.7	25.0	26.2	27.5	28.7	30.0	31.2	32.5	33.7	35.0	36.2	37.5
6'4"	12.2	13.4	14.6	15.8	17.0	18.3	19.5	20.7	21.9	23.1	24.3	25.6	26.8	28.0	29.2	30.4	31.6	32.9	34.1	35.3	36.5
6'5"	11.9	13.0	14.2	15.4	16.6	17.8	19.0	20.2	21.3	22.5	23.7	24.9	26.1	27.3	28.5	29.6	30.8	32.0	33.2	34.4	35.6
6'6"	11.6	12.7	13.9	15.0	16.2	17.3	18.5	19.6	20.8	22.0	23.1	24.3	25.4	26.6	27.7	28.9	30.0	31.2	32.4	33.5	34.7

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.