

The BMI (Body Mass Index) is used to find out if a person is underweight, overweight, obese, or in the acceptable weight range. A BMI of 19 to 25 is a healthy weight. A BMI of over 26 is often associated with health risks for diabetes, high blood pressure and heart disease.

To find your BMI, locate your height in inches across the top, then find your weight in pounds along the left side. The number where your height and weight intersect is your BMI. Follow the shaded areas to the notes on the right to see which weight group you fall into.

The weights and heights shown are for adults measured without shoes or clothing. The BMI should not be used to evaluate the weight of children, people with a chronic health condition, pregnant or breastfeeding women, the frail elderly, or serious body builders.

Weight (lbs.)	Height (inches)																			
	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	
85	17.8	17.2	16.6	16.1	15.5	15.1	14.6	14.1	13.7	13.3	12.9	12.6	12.2	11.9	11.5	11.2	10.9	10.6	10.3	Underweight
90	18.8	18.2	17.6	17.0	16.5	15.9	15.4	15.0	14.5	14.1	13.7	13.3	12.9	12.6	12.2	11.9	11.6	11.2	11.0	
95	19.9	19.2	18.6	18.0	17.4	16.8	16.3	15.8	15.3	14.9	14.4	14.0	13.6	13.2	12.9	12.5	12.2	11.9	11.6	
100	20.9	20.2	19.5	18.9	18.3	17.7	17.2	16.6	16.1	15.7	15.2	14.8	14.3	13.9	13.6	13.2	12.8	12.5	12.2	
105	21.9	21.2	20.5	19.8	19.2	18.6	18.0	17.5	16.9	16.4	16.0	15.5	15.1	14.6	14.2	13.9	13.5	13.1	12.8	
110	23.0	22.2	21.5	20.8	20.1	19.5	18.9	18.3	17.8	17.2	16.7	16.2	15.8	15.3	14.9	14.5	14.1	13.7	13.4	
115	24.0	23.2	22.5	21.7	21.0	20.4	19.7	19.1	18.6	18.0	17.5	17.0	16.5	16.0	15.6	15.2	14.8	14.4	14.0	
120	25.1	24.2	23.4	22.7	21.9	21.3	20.6	20.0	19.4	18.8	18.2	17.7	17.2	16.7	16.3	15.8	15.4	15.0	14.6	
125	26.1	25.2	24.4	23.6	22.9	22.1	21.5	20.8	20.2	19.6	19.0	18.5	17.9	17.4	17.0	16.5	16.0	15.6	15.2	
130	27.2	26.3	25.4	24.6	23.8	23.0	22.3	21.6	21.0	20.4	19.8	19.2	18.7	18.1	17.6	17.2	16.7	16.2	15.8	
135	28.2	27.3	26.4	25.5	24.7	23.9	23.2	22.5	21.8	21.1	20.5	19.9	19.4	18.8	18.3	17.8	17.3	16.9	16.4	
140	29.3	28.3	27.3	26.5	25.6	24.8	24.0	23.3	22.6	21.9	21.3	20.7	20.1	19.5	19.0	18.5	18.0	17.5	17.0	
145	30.3	29.3	28.3	27.4	26.5	25.7	24.9	24.1	23.4	22.7	22.0	21.4	20.8	20.2	19.7	19.1	18.6	18.1	17.7	
150	31.4	30.3	29.3	28.3	27.4	26.6	25.7	25.0	24.2	23.5	22.8	22.2	21.5	20.9	20.3	19.8	19.3	18.7	18.3	
155	32.4	31.3	30.3	29.3	28.4	27.5	26.6	25.8	25.0	24.3	23.6	22.9	22.2	21.6	21.0	20.4	19.9	19.4	18.9	
160	33.4	32.3	31.2	30.2	29.3	28.3	27.5	26.6	25.8	25.1	24.3	23.6	23.0	22.3	21.7	21.1	20.5	20.0	19.5	
165	34.5	33.3	32.2	31.2	30.2	29.2	28.3	27.5	26.6	25.8	25.1	24.4	23.7	23.0	22.4	21.8	21.2	20.6	20.1	
170	35.5	34.3	33.2	32.1	31.1	30.1	29.2	28.3	27.4	26.6	25.8	25.1	24.4	23.7	23.1	22.4	21.8	21.2	20.7	
175	36.6	35.3	34.2	33.1	32.0	31.0	30.0	29.1	28.2	27.4	26.6	25.8	25.1	24.4	23.7	23.1	22.5	21.9	21.3	
180	37.6	36.4	35.2	34.0	32.9	31.9	30.9	30.0	29.1	28.2	27.4	26.6	25.8	25.1	24.4	23.7	23.1	22.5	21.9	
185	38.7	37.4	36.1	35.0	33.8	32.8	31.8	30.8	29.9	29.0	28.1	27.3	26.5	25.8	25.1	24.4	23.8	23.1	22.5	
190	39.7	38.4	37.1	35.9	34.8	33.7	32.6	31.6	30.7	29.8	28.9	28.1	27.3	26.5	25.8	25.1	24.4	23.7	23.1	
195	40.8	39.4	38.1	36.8	35.7	34.5	33.5	32.4	31.5	30.5	29.6	28.8	28.0	27.2	26.4	25.7	25.0	24.4	23.7	
200	41.8	40.4	39.1	37.8	36.6	35.4	34.3	33.3	32.3	31.3	30.4	29.5	28.7	27.9	27.1	26.4	25.7	25.0	24.3	
205	42.8	41.4	40.0	38.7	37.5	36.3	35.2	34.1	33.1	32.1	31.2	30.3	29.4	28.6	27.8	27.0	26.3	25.6	25.0	
210	43.9	42.4	41.0	39.7	38.4	37.2	36.0	34.9	33.9	32.9	31.9	31.0	30.1	29.3	28.5	27.7	27.0	26.2	25.6	
215	44.9	43.4	42.0	40.6	39.3	38.1	36.9	35.8	34.7	33.7	32.7	31.8	30.8	30.0	29.2	28.4	27.6	26.9	26.2	
220	46.0	44.4	43.0	41.6	40.2	39.0	37.8	36.6	35.5	34.5	33.5	32.5	31.6	30.7	29.8	29.0	28.2	27.5	26.8	
225	47.0	45.4	43.9	42.5	41.2	39.9	38.6	37.4	36.3	35.2	34.2	33.2	32.3	31.4	30.5	29.7	28.9	28.1	27.4	
230	48.1	46.5	44.9	43.5	42.1	40.7	39.5	38.3	37.1	36.0	35.0	34.0	33.0	32.1	31.2	30.3	29.5	28.7	28.0	
235	49.1	47.5	45.9	44.4	43.0	41.6	40.3	39.1	37.9	36.8	35.7	34.7	33.7	32.8	31.9	31.0	30.2	29.4	28.6	
240	50.2	48.5	46.9	45.3	43.9	42.5	41.2	39.9	38.7	37.6	36.5	35.4	34.4	33.5	32.6	31.7	30.8	30.0	29.2	
245	51.2	49.5	47.8	46.3	44.8	43.4	42.1	40.8	39.5	38.4	37.3	36.2	35.2	34.2	33.2	32.3	31.5	30.6	29.8	
250	52.3	50.5	48.8	47.2	45.7	44.3	42.9	41.6	40.4	39.2	38.0	36.9	35.9	34.9	33.9	33.0	32.1	31.2	30.4	
255	53.3	51.5	49.8	48.2	46.6	45.2	43.8	42.4	41.2	39.9	38.8	37.7	36.6	35.6	34.6	33.6	32.7	31.9	31.0	
260	54.3	52.5	50.8	49.1	47.6	46.1	44.6	43.3	42.0	40.7	39.5	38.4	37.3	36.3	35.3	34.3	33.4	32.5	31.6	
265	55.4	53.5	51.8	50.1	48.5	46.9	45.5	44.1	42.8	41.5	40.3	39.1	38.0	37.0	35.9	35.0	34.0	33.1	32.3	
270	56.4	54.5	52.7	51.0	49.4	47.8	46.3	44.9	43.6	42.3	41.1	39.9	38.7	37.7	36.6	35.6	34.7	33.7	32.9	
275	57.5	55.5	53.7	52.0	50.3	48.7	47.2	45.8	44.4	43.1	41.8	40.6	39.5	38.4	37.3	36.3	35.3	34.4	33.5	
300	62.7	60.6	58.6	56.7	54.9	53.1	51.5	49.9	48.4	47.0	45.6	44.3	43.0	41.8	40.7	39.6	38.5	37.5	36.5	
350	73.2	70.7	68.4	66.1	64.0	62.0	60.1	58.2	56.5	54.8	53.2	51.7	50.2	48.8	47.5	46.2	44.9	43.7	42.6	
400	83.6	80.8	78.1	75.6	73.2	70.9	68.7	66.6	64.6	62.6	60.8	59.1	57.4	55.8	54.3	52.8	51.4	50.0	48.7	

Body Mass Index for Men

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85	17.8	17.2	16.6	16.1	15.5	15.1	14.6	14.1	13.7	13.3	12.9	12.6	12.2	11.9	11.5	11.2	10.9	10.6	10.3	Underweight
90	18.8	18.2	17.6	17.0	16.5	15.9	15.4	15.0	14.5	14.1	13.7	13.3	12.9	12.6	12.2	11.9	11.6	11.2	11.0	
95	19.9	19.2	18.6	18.0	17.4	16.8	16.3	15.8	15.3	14.9	14.4	14.0	13.6	13.2	12.9	12.5	12.2	11.9	11.6	
100	20.9	20.2	19.5	18.9	18.3	17.7	17.2	16.6	16.1	15.7	15.2	14.8	14.3	13.9	13.6	13.2	12.8	12.5	12.2	
105	21.9	21.2	20.5	19.8	19.2	18.6	18.0	17.5	16.9	16.4	16.0	15.5	15.1	14.6	14.2	13.9	13.5	13.1	12.8	
110	23.0	22.2	21.5	20.8	20.1	19.5	18.9	18.3	17.8	17.2	16.7	16.2	15.8	15.3	14.9	14.5	14.1	13.7	13.4	
115	24.0	23.2	22.5	21.7	21.0	20.4	19.7	19.1	18.6	18.0	17.5	17.0	16.5	16.0	15.6	15.2	14.8	14.4	14.0	
120	25.1	24.2	23.4	22.7	21.9	21.3	20.6	20.0	19.4	18.8	18.2	17.7	17.2	16.7	16.3	15.8	15.4	15.0	14.6	
125	26.1	25.2	24.4	23.6	22.9	22.1	21.5	20.8	20.2	19.6	19.0	18.5	17.9	17.4	17.0	16.5	16.0	15.6	15.2	
130	27.2	26.3	25.4	24.6	23.8	23.0	22.3	21.6	21.0	20.4	19.8	19.2	18.7	18.1	17.6	17.2	16.7	16.2	15.8	
135	28.2	27.3	26.4	25.5	24.7	23.9	23.2	22.5	21.8	21.1	20.5	19.9	19.4	18.8	18.3	17.8	17.3	16.9	16.4	
140	29.3	28.3	27.3	26.5	25.6	24.8	24.0	23.3	22.6	21.9	21.3	20.7	20.1	19.5	19.0	18.5	18.0	17.5	17.0	
145	30.3	29.3	28.3	27.4	26.5	25.7	24.9	24.3	23.4	22.7	22.0	21.4	20.8	20.2	19.7	19.1	18.6	18.1	17.7	
150	31.4	30.3	29.3	28.3	27.4	26.6	25.7	25.0	24.2	23.5	22.8	22.2	21.5	20.9	20.3	19.8	19.3	18.7	18.3	
155	32.4	31.3	30.3	29.3	28.4	27.5	26.6	25.8	25.0	24.3	23.6	22.9	22.2	21.6	21.0	20.4	19.9	19.4	18.9	
160	33.4	32.3	31.2	30.2	29.3	28.3	27.5	26.6	25.8	25.1	24.3	23.6	23.0	22.3	21.7	21.1	20.5	20.0	19.5	
165	34.5	33.3	32.2	31.2	30.2	29.2	28.3	27.5	26.6	25.8	25.1	24.4	23.7	23.0	22.4	21.8	21.2	20.6	20.1	
170	35.5	34.3	33.2	32.1	31.1	30.1	29.2	28.3	27.4	26.6	25.8	25.1	24.4	23.7	23.1	22.4	21.8	21.2	20.7	
175	36.6	35.3	34.2	33.1	32.0	31.0	30.0	29.1	28.2	27.4	26.6	25.8	25.1	24.4	23.7	23.1	22.5	21.9	21.3	
180	37.6	36.4	35.2	34.0	32.9	31.9	30.9	30.0	29.1	28.2	27.4	26.6	25.8	25.1	24.4	23.7	23.1	22.5	21.9	Acceptable Weight
185	38.7	37.4	36.1	35.0	33.8	32.8	31.8	30.8	29.9	29.0	28.1	27.3	26.5	25.8	25.1	24.4	23.8	23.1	22.5	
190	39.7	38.4	37.1	35.9	34.8	33.7	32.6	31.6	30.7	29.8	28.9	28.1	27.3	26.5	25.8	25.1	24.4	23.7	23.1	
195	40.8	39.4	38.1	36.8	35.7	34.5	33.5	32.4	31.5	30.5	29.6	28.8	28.0	27.2	26.4	25.7	25.0	24.4	23.7	
200	41.8	40.4	39.1	37.8	36.6	35.4	34.3	33.3	32.3	31.3	30.4	29.5	28.7	27.9	27.1	26.4	25.7	25.0	24.3	
205	42.8	41.4	40.0	38.7	37.5	36.3	35.2	34.1	33.1	32.1	31.2	30.3	29.4	28.6	27.8	27.0	26.3	25.6	25.0	
210	43.9	42.4	41.0	39.7	38.4	37.2	36.0	34.9	33.9	32.9	31.9	31.0	30.1	29.3	28.5	27.7	27.0	26.2	25.6	
215	44.9	43.4	42.0	40.6	39.3	38.1	36.9	35.8	34.7	33.7	32.7	31.8	30.8	30.0	29.2	28.4	27.6	26.9	26.2	
220	46.0	44.4	43.0	41.6	40.2	39.0	37.8	36.6	35.5	34.5	33.5	32.5	31.6	30.7	29.8	29.0	28.2	27.5	26.8	
225	47.0	45.4	43.9	42.5	41.2	39.9	38.6	37.4	36.3	35.2	34.2	33.2	32.3	31.4	30.5	29.7	28.9	28.1	27.4	Marginal Overweight
230	48.1	46.5	44.9	43.5	42.1	40.7	39.5	38.3	37.1	36.0	35.0	34.0	33.0	32.1	31.2	30.3	29.5	28.7	28.0	
235	49.1	47.5	45.9	44.4	43.0	41.6	40.3	39.1	37.9	36.8	35.7	34.7	33.7	32.8	31.9	31.0	30.2	29.4	28.6	
240	50.2	48.5	46.9	45.3	43.9	42.5	41.2	39.9	38.7	37.6	36.5	35.4	34.4	33.5	32.6	31.7	30.8	30.0	29.2	
245	51.2	49.5	47.8	46.3	44.8	43.4	42.1	40.8	39.5	38.4	37.3	36.2	35.2	34.2	33.2	32.3	31.5	30.6	29.8	
250	52.3	50.5	48.8	47.2	45.7	44.3	42.9	41.6	40.4	39.2	38.0	36.9	35.9	34.9	33.9	33.0	32.1	31.2	30.4	
255	53.3	51.5	49.8	48.2	46.6	45.2	43.8	42.4	41.2	39.9	38.8	37.7	36.6	35.6	34.6	33.6	32.7	31.9	31.0	
260	54.3	52.5	50.8	49.1	47.6	46.1	44.6	43.3	42.0	40.7	39.5	38.4	37.3	36.3	35.3	34.3	33.4	32.5	31.6	
265	55.4	53.5	51.8	50.1	48.5	46.9	45.5	44.1	42.8	41.5	40.3	39.1	38.0	37.0	35.9	35.0	34.0	33.1	32.3	
270	56.4	54.5	52.7	51.0	49.4	47.8	46.3	44.9	43.6	42.3	41.1	39.9	38.7	37.7	36.6	35.6	34.7	33.7	32.9	
275	57.5	55.5	53.7	52.0	50.3	48.7	47.2	45.8	44.4	43.1	41.8	40.6	39.5	38.4	37.3	36.3	35.3	34.4	33.5	
300	62.7	60.6	58.6	56.7	54.9	53.1	51.5	49.9	48.4	47.0	45.6	44.3	43.0	41.8	40.7	39.6	38.5	37.5	36.5	
350	73.2	70.7	68.4	66.1	64.0	62.0	60.1	58.2	56.5	54.8	53.2	51.7	50.2	48.8	47.5	46.2	44.9	43.7	42.6	
400	83.6	80.8	78.1	75.6	73.2	70.9	68.7	66.6	64.6	62.6	60.8	59.1	57.4	55.8	54.3	52.8	51.4	50.0	48.7	Morbid Obesity