



Body Mass Index for Adults

Your body mass index (BMI) is a measurement that allows you to assess your risk for health problems due to excess body weight. If your BMI is high, lifestyle changes can help prevent further weight gain to avoid health problems.

To find your BMI, match your weight on the top row with your height on the far-left column and locate the corresponding BMI value on the chart.

HEIGHT (ft. & in.)

BMI TABLE				Body Weight (pounds)																			
	80	90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300
4' 8"	18	20	22	24	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65	67
4' 9"	17	20	22	24	26	28	30	33	35	37	39	41	43	46	48	50	52	54	56	59	61	63	65
4' 10"	17	19	21	23	25	27	29	31	34	36	38	40	42	44	46	48	50	52	54	57	59	61	63
4' 11"	16	18	20	22	24	26	28	30	32	34	36	38	40	43	45	47	49	51	53	55	57	59	61
5' 0"	16	18	20	22	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
5' 1"	15	17	19	21	23	24	27	28	30	32	34	36	38	40	42	44	45	47	49	51	52	55	57
5' 2"	15	17	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55
5' 3"	14	16	18	20	21	23	24	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53
5' 4"	14	15	17	19	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52
5' 5"	13	15	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50
5' 6"	13	15	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49
5' 7"		14	16	17	19	20	22	24	25	27	28	29	31	33	35	36	38	39	41	42	44	46	47
5' 8"		14	15	17	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46
5' 9"		13	15	16	18	19	21	22	24	25	27	28	29	31	33	34	36	37	38	40	41	43	44
5' 10"		13	14	16	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43
5' 11"			14	15	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42
6' 0"			14	15	16	18	19	20	22	23	24	26	27	29	29	31	33	34	35	37	38	39	41
6' 1"			13	15	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40
6' 2"			13	14	15	17	18	19	21	22	23	24	26	27	28	29	31	32	33	35	36	37	39
6' 3"				14	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36	38
6' 4"				13	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37
6' 5"					14	15	17	18	19	20	21	23	24	24	26	27	29	29	31	32	33	34	36
6' 6"					14	15	16	17	18	20	21	22	23	24	25	27	28	29	30	31	32	34	35
6' 7"					14	15	16	17	18	19	20	21	23	24	24	26	27	28	29	30	32	33	34
6' 8"					13	14	15	17	18	19	20	21	22	23	24	25	26	28	29	29	31	32	33
6' 9"					13	14	15	16	17	18	19	20	21	23	24	24	26	27	28	29	30	31	32
6' 10"					13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

More Risk

Less Risk

More Risk

BMI (19 to 24)

Less risk: Your weight is probably within a healthy range. It's still important to continue eating healthy and exercising to stay within this range and not gain weight. If your BMI is getting close to 25, consider some lifestyle changes (see back page). However, if you have a BMI of less than 19, this may not be healthy so discuss your weight with your doctor.

BMI (25 to 29)

More risk: Your weight may put you at risk for developing some health problems, especially if you're not physically active. Take steps now to manage your weight with healthy behaviors (see back page). A small amount of weight loss can make a big difference in your health.

BMI (30 and above)

High risk: Your weight greatly increases your risk for serious health problems, such as high blood pressure, diabetes, heart disease, stroke, arthritis, breathing and sleeping problems, some types of cancer, and depression. Get started with lifestyle changes to manage your weight (see back page).



Lifestyle and weight management

People who are successful at achieving a healthy weight:

- Develop healthy eating habits.
- Become more physically active.
- Adopt healthy behaviors little by little and stick with them over time, even when they're at a healthy weight.

How can I develop healthy eating habits?

Try to eat more:

- Fruits and vegetables
- Whole grains like whole-wheat bread and brown rice
- Beans, peas, and lentils
- Unsweetened dairy products
- Fish and lean meats

Try to eat fewer:

- Fatty meats like sausage, hamburgers, and poultry with skin
- Processed snacks like chips, cookies, and cakes
- Fried foods
- Sweetened beverages like sodas, fruit drinks, and lattes



How can I become more physically active?

Small increases in physical activity over time can make a big difference.

- Aim for 30 minutes of physical activity on most days of the week, or 150 minutes per week.
- Make physical activity fun. Go for walks or bike rides with family and friends.
- Try walking instead of driving.
- Take the stairs instead of the elevator at work or while shopping.
- Play sports or join a local gym.
- Start dancing or swimming.

What if this isn't working for me?

It's normal to feel frustrated if you're making changes and not seeing results. Remember that change takes time. Focus on feeling your best and making positive choices that will bring long-term health.

We're here to help. Try these resources:



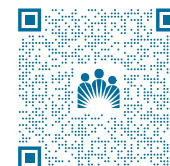
Wellness Coaching
kpdoc.org/wellnesscoaching
866-251-4514



Healthy Weight
kp.org/healthyweight



Health Education
kp.org/classpass



This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. Some photos may include models and not actual patients.

© 2017, The Permanente Medical Group, Inc. All rights reserved. Health Engagement Consulting Services.
90162 (Revised 03/23) RL 6.8