



Body Mass Index (BMI)

What is BMI?

BMI is a person’s weight in kilograms divided by the square of height in meters. It does not measure body fat directly, but appears to be a strong indicator of risk for various diseases. In general, it’s an inexpensive and easy method of screening for weight category, for example underweight, normal or healthy weight, overweight and obesity.

[Adult BMI Calculator](#)

[Child and Teen BMI Calculator](#)

How is BMI used?

A high BMI can be an indicator of high body fatness. BMI can be used as a screening tool but is not diagnostic of the body fatness or health of an individual. To determine if a high BMI is a health risk, a healthcare provider would need to perform more assessments. These might include skinfold measurements, diet evaluations, physical activity, family history and other appropriate health screenings.

How is BMI calculated?

Calculating with kilograms and meters (or centimeters)

- Formula: $\text{weight (kg)} / [\text{height (m)}]^2$
- Example: *Weight = 68 kg, Height = 165 cm (1.65 m)*
Calculation: $68 \div (1.65)^2 = 24.98$

Calculating with pounds and inches

- Formula: $\text{weight (lb.)} / [\text{height (in)}]^2 \times 703$
- Calculate BMI by dividing weight in pounds (lbs.) by height in inches (in) squared and multiplying by a conversion factor of 703.
- Example: *Weight = 150 lbs., Height = 5’5” (65”)*
Calculation: $[150 \div (65)^2] \times 703 = 24.96$

The standard weight status categories associated with BMI ranges for adults.

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal or Healthy Weight
25.0 – 29.9	Overweight
30.0 and Above	Obese