

BODY MASS INDEX READY RECKONER FOR ADULTS

Height (m)

| | 1.38 | 1.42 | 1.46 | 1.50 | 1.54 | 1.58 | 1.62 | 1.66 | 1.70 | 1.74 | 1.78 | 1.82 | 1.86 | 1.90 | 1.94 | 1.98 | |
|-----|--------|-------|--------|--------|-------|-------|-------|--------|-------|--------|--------|---------|-------|-------|--------|-------|---------|
| 150 | 79 | 74 | 70 | 67 | 63 | 60 | 57 | 54 | 52 | 50 | 47 | 45 | 43 | 42 | 40 | 38 | 23st 8 |
| 148 | 78 | 73 | 69 | 66 | 62 | 59 | 56 | 54 | 51 | 49 | 47 | 45 | 43 | 41 | 39 | 38 | 23st 3 |
| 146 | 77 | 72 | 68 | 65 | 62 | 58 | 56 | 53 | 51 | 48 | 46 | 44 | 42 | 40 | 39 | 37 | 22st 13 |
| 144 | 76 | 71 | 68 | 64 | 61 | 58 | 55 | 52 | 50 | 48 | 45 | 43 | 42 | 40 | 38 | 37 | 22st 9 |
| 142 | 75 | 70 | 67 | 63 | 60 | 57 | 54 | 52 | 49 | 47 | 45 | 43 | 41 | 39 | 38 | 36 | 22st 4 |
| 140 | 74 | 69 | 66 | 62 | 59 | 56 | 53 | 51 | 48 | 46 | 44 | 42 | 40 | 39 | 37 | 36 | 22st |
| 138 | 72 | 68 | 65 | 61 | 58 | 55 | 53 | 50 | 48 | 46 | 44 | 42 | 40 | 38 | 37 | 35 | 21st 10 |
| 136 | 71 | 67 | 64 | 60 | 57 | 54 | 52 | 49 | 47 | 45 | 43 | 41 | 39 | 38 | 36 | 35 | 21st 5 |
| 134 | 70 | 66 | 63 | 60 | 57 | 54 | 51 | 49 | 46 | 44 | 42 | 40 | 39 | 37 | 36 | 34 | 21st 1 |
| 132 | 69 | 65 | 62 | 59 | 56 | 53 | 50 | 48 | 46 | 44 | 42 | 40 | 38 | 37 | 35 | 34 | 20st 10 |
| 130 | 68 | 64 | 61 | 58 | 55 | 52 | 50 | 47 | 45 | 43 | 41 | 39 | 38 | 36 | 35 | 33 | 20st 6 |
| 128 | 67 | 63 | 60 | 57 | 54 | 51 | 49 | 46 | 44 | 42 | 40 | 39 | 37 | 35 | 34 | 33 | 20st 2 |
| 126 | 66 | 62 | 59 | 56 | 53 | 50 | 48 | 46 | 44 | 42 | 40 | 38 | 36 | 35 | 33 | 32 | 19st 12 |
| 124 | 65 | 61 | 58 | 55 | 52 | 50 | 47 | 45 | 43 | 41 | 39 | 37 | 36 | 34 | 33 | 32 | 19st 7 |
| 122 | 64 | 61 | 57 | 54 | 51 | 49 | 46 | 44 | 42 | 40 | 39 | 37 | 35 | 34 | 32 | 31 | 19st 3 |
| 120 | 63 | 60 | 56 | 53 | 51 | 48 | 46 | 44 | 42 | 40 | 38 | 36 | 35 | 33 | 32 | 31 | 18st 13 |
| 118 | 62 | 59 | 55 | 52 | 50 | 47 | 45 | 43 | 41 | 39 | 37 | 36 | 34 | 33 | 31 | 30 | 18st 8 |
| 116 | 61 | 58 | 54 | 52 | 49 | 46 | 44 | 42 | 40 | 38 | 37 | 35 | 34 | 32 | 31 | 30 | 18st 4 |
| 114 | 60 | 57 | 53 | 51 | 48 | 46 | 43 | 41 | 39 | 38 | 36 | 34 | 33 | 32 | 30 | 29 | 17st 13 |
| 112 | 59 | 56 | 53 | 50 | 47 | 45 | 43 | 41 | 39 | 37 | 35 | 34 | 32 | 31 | 30 | 29 | 17st 9 |
| 110 | 58 | 55 | 52 | 49 | 46 | 44 | 42 | 40 | 38 | 36 | 35 | 33 | 32 | 30 | 29 | 28 | 17st 5 |
| 108 | 57 | 54 | 51 | 48 | 46 | 43 | 41 | 39 | 37 | 36 | 34 | 33 | 31 | 30 | 29 | 28 | 17st |
| 106 | 56 | 53 | 50 | 47 | 45 | 42 | 40 | 38 | 37 | 35 | 33 | 32 | 31 | 29 | 28 | 27 | 16st 10 |
| 104 | 55 | 52 | 49 | 46 | 44 | 42 | 40 | 38 | 36 | 34 | 33 | 31 | 30 | 29 | 28 | 27 | 16st 5 |
| 102 | 54 | 51 | 48 | 45 | 43 | 41 | 39 | 37 | 35 | 34 | 32 | 31 | 29 | 28 | 27 | 26 | 16st 1 |
| 100 | 53 | 50 | 47 | 44 | 42 | 40 | 38 | 36 | 35 | 33 | 32 | 30 | 29 | 28 | 27 | 26 | 15st 10 |
| 98 | 51 | 49 | 46 | 44 | 41 | 39 | 37 | 36 | 34 | 32 | 31 | 30 | 28 | 27 | 26 | 25 | 15st 6 |
| 96 | 50 | 48 | 45 | 43 | 40 | 38 | 37 | 35 | 33 | 32 | 30 | 29 | 28 | 27 | 26 | 24 | 15st 2 |
| 94 | 49 | 47 | 44 | 42 | 40 | 38 | 36 | 34 | 33 | 31 | 30 | 28 | 27 | 26 | 25 | 24 | 14st 11 |
| 92 | 48 | 46 | 43 | 41 | 39 | 37 | 35 | 33 | 32 | 30 | 29 | 28 | 27 | 25 | 24 | 23 | 14st 7 |
| 90 | 47 | 45 | 42 | 40 | 38 | 36 | 34 | 33 | 31 | 30 | 28 | 27 | 26 | 25 | 24 | 23 | 14st 2 |
| 88 | 46 | 44 | 41 | 39 | 37 | 35 | 34 | 32 | 30 | 29 | 28 | 27 | 25 | 24 | 23 | 22 | 13st 12 |
| 86 | 45 | 43 | 40 | 38 | 36 | 34 | 33 | 31 | 30 | 28 | 27 | 26 | 25 | 24 | 23 | 22 | 13st 8 |
| 84 | 44 | 42 | 39 | 37 | 35 | 34 | 32 | 30 | 29 | 28 | 27 | 25 | 24 | 23 | 22 | 21 | 13st 3 |
| 82 | 43 | 41 | 38 | 36 | 35 | 33 | 31 | 30 | 28 | 27 | 26 | 25 | 24 | 23 | 22 | 21 | 12st 13 |
| 80 | 42 | 40 | 38 | 36 | 34 | 32 | 30 | 29 | 28 | 26 | 25 | 24 | 23 | 22 | 21 | 20 | 12st 8 |
| 78 | 41 | 39 | 37 | 35 | 33 | 31 | 30 | 28 | 27 | 26 | 25 | 24 | 23 | 22 | 21 | 20 | 12st 4 |
| 76 | 40 | 38 | 36 | 34 | 32 | 30 | 29 | 28 | 26 | 25 | 24 | 23 | 22 | 21 | 20 | 19 | 12st |
| 74 | 39 | 37 | 35 | 33 | 31 | 30 | 28 | 27 | 26 | 24 | 23 | 22 | 21 | 20 | 20 | 19 | 11st 9 |
| 72 | 38 | 36 | 34 | 32 | 30 | 29 | 27 | 26 | 25 | 24 | 23 | 22 | 21 | 20 | 19 | 18 | 11st 5 |
| 70 | 37 | 35 | 33 | 31 | 30 | 28 | 27 | 25 | 24 | 23 | 22 | 21 | 20 | 19 | 19 | 18 | 11st |
| 68 | 36 | 34 | 32 | 30 | 29 | 27 | 26 | 25 | 24 | 22 | 21 | 21 | 20 | 19 | 18 | 17 | 10st 10 |
| 66 | 35 | 33 | 31 | 29 | 28 | 26 | 25 | 24 | 23 | 22 | 21 | 20 | 19 | 18 | 18 | 17 | 10st 6 |
| 64 | 34 | 32 | 30 | 28 | 27 | 26 | 24 | 23 | 22 | 21 | 20 | 19 | 18 | 18 | 17 | 16 | 10st 1 |
| 62 | 33 | 31 | 29 | 28 | 26 | 25 | 24 | 22 | 21 | 20 | 20 | 19 | 18 | 17 | 16 | 16 | 9st 11 |
| 60 | 32 | 30 | 28 | 27 | 25 | 24 | 23 | 22 | 21 | 20 | 19 | 18 | 17 | 17 | 16 | 15 | 9st 6 |
| 58 | 30 | 29 | 27 | 26 | 24 | 23 | 22 | 21 | 20 | 19 | 18 | 18 | 17 | 16 | 15 | 15 | 9st 2 |
| 56 | 29 | 28 | 26 | 25 | 24 | 22 | 21 | 20 | 19 | 18 | 18 | 17 | 16 | 16 | 15 | 14 | 8st 11 |
| 54 | 28 | 27 | 25 | 24 | 23 | 22 | 21 | 20 | 19 | 17 | 17 | 16 | 16 | 15 | 14 | 14 | 8st 7 |
| 52 | 27 | 26 | 24 | 23 | 22 | 21 | 20 | 19 | 18 | 17 | 16 | 16 | 15 | 14 | 14 | 13 | 8st 3 |
| 50 | 26 | 25 | 23 | 22 | 21 | 20 | 19 | 18 | 17 | 17 | 16 | 15 | 14 | 14 | 13 | 13 | 7st 12 |
| 48 | 25 | 24 | 23 | 21 | 20 | 19 | 18 | 17 | 17 | 16 | 15 | 14 | 14 | 13 | 13 | 12 | 7st 8 |
| 46 | 24 | 23 | 22 | 20 | 19 | 18 | 18 | 17 | 16 | 15 | 15 | 14 | 13 | 13 | 12 | 12 | 7st 3 |
| 44 | 23 | 22 | 21 | 20 | 19 | 18 | 17 | 16 | 15 | 15 | 14 | 13 | 13 | 12 | 12 | 11 | 6st 13 |
| 42 | 22 | 21 | 20 | 19 | 18 | 17 | 16 | 15 | 15 | 14 | 13 | 13 | 12 | 12 | 11 | 11 | 6st 9 |
| 40 | 21 | 20 | 19 | 18 | 17 | 16 | 15 | 15 | 14 | 13 | 13 | 12 | 12 | 11 | 10 | 10 | 6st 4 |
| 38 | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 14 | 13 | 13 | 12 | 11 | 11 | 11 | 10 | 10 | 6st |
| 36 | 19 | 18 | 17 | 16 | 15 | 14 | 14 | 13 | 12 | 12 | 11 | 11 | 10 | 10 | 9 | 9 | 5st 9 |
| | 4' 6½" | 4' 8" | 4' 9½" | 4' 11" | 5' ½" | 5' 2" | 5' 4" | 5' 5½" | 5' 7" | 5' 8½" | 5' 10" | 5' 11½" | 6' 1" | 6' 3" | 6' 4½" | 6' 6" | |

weight (kg)







weight (st / lbs)

Height (ft/in)

To Calculate BMI:

Weight (kg)

Height (m) x Height (m)

| | | | | | | |
|------------|---|---|---|---|--|---|
| Key |  |  |  |  |  |  |
| | BMI <18.5 | BMI 18.5-24.9 | BMI 25-29.9 | BMI 30-34.9 | BMI 35-39.9 | BMI >40 |
| | Underweight | Desirable | Overweight | Obese (Class I) | Obese (Class II) | Obese (Class III) |

CLASSIFICATION OF OVERWEIGHT AND OBESITY IN CHILDREN

The Child Growth Foundation Body Mass Index Percentile chart ⁽²⁾ should be used to identify overweight and obese children:

Overweight: BMI >= 91st centile
Obese: BMI >= 98th centile