



**Vermont Chronic Care Initiative 1-866-900-5004 www.VTCCI.com**

**VCCI – a free service to help Vermont Medicaid members manage their health.**

## Understanding Body Mass Index (BMI)

**Body mass index (BMI)** is a way of finding a healthy weight. The higher your BMI, the greater your risk for obesity and health problems.

### What BMI Means:

- BMI below 18.5: Underweight
- BMI 18.5 to 24.9: Healthy weight
- BMI 25 to 29.9: Overweight
- BMI 30 and over: Obese

### Using the BMI Chart

To figure your BMI, find your height and weight (or the numbers closest to them) on the chart below. Follow each column of numbers to where your height and weight meet on the chart. That is your BMI.

		Body Mass Index Table																											
		Weight																											
		120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320							
Height	5'0"	23	25	27	29	31	33	35	37	39	41	42	44	47	49	51	53	55	57	59	61	62							
	5'1"	23	25	26	28	30	32	34	36	38	40	42	43	45	47	49	51	53	55	57	59	60							
	5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59							
	5'3"	21	23	25	27	28	30	32	34	35	37	39	41	43	44	46	48	50	51	53	55	57							
	5'4"	21	22	24	26	27	29	31	33	34	36	38	39	41	43	45	46	48	50	51	53	55							
	5'5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53							
	5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	48	50	52							
	5'7"	19	20	22	23	25	27	28	30	31	33	34	36	38	39	40	42	44	45	47	49	50							
	5'8"	18	20	21	23	24	26	27	29	30	32	33	35	36	38	40	41	43	44	46	47	49							
	5'9"	18	19	21	22	24	25	27	28	30	31	32	34	35	37	38	40	41	43	44	46	47							
	5'10"	17	19	20	22	23	24	26	27	29	30	32	33	34	36	37	39	40	42	43	44	46							
	5'11"	17	18	20	21	22	24	25	26	28	29	31	32	33	35	36	38	39	40	42	43	45							
	6'0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35	37	38	39	41	42	43							
	6'1"	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42							
	6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41							
	6'3"	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36	38	39	40							
6'4"	15	16	17	18	19	21	22	23	24	26	27	28	29	30	32	33	34	35	37	38	39								

Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*. National Heart, Lung, and Blood Institute, 1998.

Using the BMI Formula	Example
1. Multiply your weight in pounds by 703.	1. 160 pounds x 703= 112480
2. Divide the answer by your height in inches.	2. 112480 ÷ 63 inches= 1785
3. Divide this number by your height in inches again.	3. 1785 ÷ 63 inches= <b>BMI of 28</b>
This is your BMI.	