

BMI Formula

$BMI = \text{weight (kg)} \div \text{height (m)}^2$

Imperial: $BMI = 703 \times \text{weight (lbs)} \div \text{height (inches)}^2$

BMI CATEGORIES (adults 20+, WHO standard)

Under 18.5	Underweight	May indicate nutritional deficiency
18.5 – 24.9	Healthy weight	Associated with lowest health risk
25.0 – 29.9	Overweight	Increased risk of heart disease & diabetes
30.0 – 34.9	Obese (Class I)	Moderate health risk
35.0 – 39.9	Obese (Class II)	High health risk
40.0 +	Obese (Class III)	Very high health risk

HEALTHY WEIGHT RANGES BY HEIGHT

Height	Min healthy (kg)	Max healthy (kg)	Range (lbs)
5'0" (152 cm)	43.5 kg	56.7 kg	96 – 125 lbs
5'2" (157 cm)	46.3 kg	60.3 kg	102 – 133 lbs
5'4" (163 cm)	49.9 kg	65.0 kg	110 – 143 lbs
5'6" (168 cm)	53.1 kg	69.2 kg	117 – 153 lbs
5'8" (173 cm)	56.2 kg	73.3 kg	124 – 162 lbs
5'10" (178 cm)	59.5 kg	77.6 kg	131 – 171 lbs
6'0" (183 cm)	62.9 kg	82.0 kg	139 – 181 lbs
6'2" (188 cm)	66.5 kg	86.6 kg	147 – 191 lbs

& BMI is a screening tool, not a diagnostic measure. It does not account for muscle mass, bone density, ethnicity, or age. Consult a healthcare professional for personalised advice. Children use separate age/sex-specific BMI percentile charts.