


Tools for Providers

# Body Mass Index

		Height																		
		4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"
Weight	90 lbs.	19	18	18	17	17	16	15	15	15	14	14	13	13	13	12	12	12	11	11
	100 lbs.	21	20	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	13	12
	110 lbs.	23	22	22	21	20	20	19	18	18	17	17	16	16	15	15	15	14	14	14
	120 lbs.	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15
	130 lbs.	27	26	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15
	140 lbs.	29	28	27	26	25	24	24	23	22	22	21	20	20	19	19	18	18	17	17
	150 lbs.	31	30	29	28	27	26	25	25	24	24	23	22	22	21	20	19	19	18	18
	160 lbs.	34	32	31	30	29	28	27	26	25	25	24	23	23	22	21	21	20	19	19
	170 lbs.	36	34	33	32	31	30	29	28	27	26	25	25	24	23	23	22	21	21	20
	180 lbs.	38	36	35	34	33	32	31	30	29	28	27	26	25	25	24	23	23	22	21
	190 lbs.	40	38	37	36	34	33	32	31	30	29	28	28	27	26	25	25	24	23	23
	200 lbs.	42	40	39	37	36	35	34	33	32	31	30	29	28	28	27	26	25	24	24
	210 lbs.	44	43	41	39	38	37	36	35	34	33	32	31	30	29	28	27	27	26	26
	220 lbs.	46	45	43	42	40	39	38	37	36	35	34	33	32	31	30	29	28	28	27
	230 lbs.	48	47	45	44	42	41	40	38	37	36	35	34	33	32	31	30	30	29	28
	240 lbs.	50	49	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31	30	29
	250 lbs.	52	51	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	31
	260 lbs.	54	53	51	49	48	46	45	43	42	41	40	39	37	36	35	34	33	33	32
	270 lbs.	57	55	53	51	50	48	46	45	44	42	41	40	39	38	37	36	35	34	33
	280 lbs.	59	57	55	53	51	50	48	47	45	44	43	42	41	39	38	37	36	35	34
290 lbs.	61	59	57	55	53	52	50	48	47	46	44	43	42	41	39	38	37	36	35	
300 lbs.	63	61	59	57	55	53	52	50	49	47	46	44	43	42	41	39	39	38	37	
310 lbs.	65	65	61	59	57	55	53	52	50	49	47	46	45	43	42	41	40	39	38	
320 lbs.	67	67	63	61	59	57	55	53	52	50	49	47	46	45	44	42	41	40	39	
330 lbs.	69	67	65	63	61	59	57	55	53	52	50	49	47	46	45	44	42	41	40	
340 lbs.	71	69	67	64	62	60	59	57	55	53	52	50	49	48	46	45	44	43	41	
350 lbs.	73	71	69	66	64	62	60	58	57	55	53	52	50	49	48	46	45	44	43	
360 lbs.	75	73	71	68	66	64	62	60	58	57	55	53	52	50	49	48	46	45	44	

 Underweight (<18.4)

 Normal (18.5–24.9)

 Overweight (25–29.9)

 Obese (30–39.9)

 Extremely Obese (>40)