

Adult BMI Chart

Height		1.35m	1.37m	1.4m	1.42m	1.45m	1.47m	1.5m	1.52m	1.55m	1.57m	1.6m	1.63m	1.65m	1.68m	1.7m	1.73m	1.75m	1.78m	1.8m	1.83m	1.85m	1.88m	1.91m	1.93m	1.96m	1.98m	2.01m	2.03m	2.06m	2.08m	2.11m	
Weight		4' 5"	4' 6"	4' 7"	4' 8"	4' 9"	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"	6' 5"	6' 6"	6' 7"	6' 8"	6' 9"	6' 10"	6' 11"	
160kg	25st 2lbs	87	85	81	79	76	74	71	69	66	64	62	60	58	56	55	53	52	50	49	47	46	45	43	42	41	40	39	38	37	36	35	
158kg	24st 12lbs	86	84	80	78	75	73	70	68	65	64	61	59	58	55	54	52	51	49	48	47	46	44	43	42	41	40	39	38	37	36	35	
156kg	24st 7lbs	85	83	79	77	74	72	69	67	64	63	60	58	57	55	53	52	50	49	48	46	45	44	42	41	40	39	38	37	36	35		
154kg	24st 3lbs	84	82	78	76	73	71	68	66	64	62	60	57	56	54	53	51	50	48	47	45	44	43	42	41	40	39	38	37	36	35	34	
152kg	23st 13lbs	83	80	77	75	72	70	67	65	63	61	59	57	55	53	52	50	49	47	46	45	44	43	41	40	39	38	37	36	35	35	34	
150kg	23st 8lbs	82	79	76	74	71	69	66	64	62	60	58	56	55	53	51	50	48	47	46	44	43	42	41	40	39	38	37	36	35	34	33	
148kg	23st 4lbs	81	78	75	73	70	68	65	64	61	60	57	55	54	52	51	49	48	46	45	44	43	41	40	39	38	37	36	35	34	34	33	
146kg	22st 13lbs	80	77	74	72	69	67	64	63	60	59	57	54	53	51	50	48	47	46	45	43	42	41	40	39	38	37	36	35	34	33	32	
144kg	22st 9lbs	79	76	73	71	68	66	64	62	59	58	56	54	52	51	49	48	47	45	44	42	42	40	39	38	37	36	35	34	33	32		
142kg	22st 5lbs	77	75	72	70	67	65	63	61	59	57	55	53	52	50	49	47	46	44	43	42	41	40	38	38	36	36	35	34	33	32	31	
140kg	22st 0lbs	76	74	71	69	66	64	62	60	58	56	54	52	51	49	48	46	45	44	43	41	40	39	38	37	36	35	34	33	32	32	31	
138kg	21st 10lbs	75	73	70	68	65	63	61	59	57	55	53	51	50	48	47	46	45	43	42	41	40	39	38	37	36	35	35	34	33	32	31	30
136kg	21st 5lbs	74	72	69	67	64	62	60	58	56	55	53	51	49	48	47	45	44	42	41	40	39	38	37	36	35	34	33	33	32	31	30	
134kg	21st 1lb	73	71	68	66	63	62	59	57	55	54	52	50	49	47	46	44	43	42	41	40	39	37	36	35	34	34	33	32	31	30	30	
132kg	20st 11lbs	72	70	67	65	62	61	58	57	54	53	51	49	48	46	45	44	43	41	40	39	38	37	36	35	34	33	32	32	31	30	29	
130kg	20st 6lbs	71	69	66	64	61	60	57	56	54	52	50	48	47	46	44	43	42	41	40	38	37	36	35	34	33	33	32	31	30	30	29	
128kg	20st 2lbs	70	68	65	63	60	59	56	55	53	51	50	48	47	45	44	42	41	40	39	38	37	36	35	34	33	32	31	31	30	29	28	
126kg	19st 11lbs	69	67	64	62	59	58	56	54	52	51	49	47	46	44	43	42	41	39	38	37	36	35	34	33	32	32	31	30	29	29	28	
124kg	19st 8lbs	68	66	63	61	58	57	55	53	51	50	48	46	45	43	42	41	40	39	38	37	36	35	34	33	32	31	30	30	29	28	27	
122kg	19st 2lbs	66	65	62	60	58	56	54	52	50	49	47	45	44	43	42	40	39	38	37	36	35	34	33	32	31	31	30	29	28	28	27	
120kg	18st 12lbs	65	63	61	59	57	55	53	51	49	48	46	45	44	42	41	40	39	37	37	35	35	33	32	32	31	30	29	29	28	27	26	
118kg	18st 8lbs	64	62	60	58	56	54	52	51	49	47	46	44	43	41	40	39	38	37	36	35	34	33	32	31	30	30	29	28	27	27	26	
116kg	18st 3lbs	63	61	59	57	55	53	51	50	48	47	45	43	42	41	40	38	37	36	35	34	33	32	31	31	30	29	28	28	27	26	26	
114kg	17st 13lbs	62	60	58	56	54	52	50	49	47	46	44	42	41	40	39	38	37	35	35	34	33	32	31	30	29	29	28	27	26	26	25	
112kg	17st 8lbs	61	59	57	55	53	51	49	48	46	45	43	42	41	39	38	37	36	35	34	33	32	31	30	30	29	28	27	27	26	25	25	
110kg	17st 4lbs	60	58	56	54	52	50	48	47	45	44	42	41	40	38	38	36	35	34	33	32	32	31	30	29	28	28	27	26	25	25	24	
108kg	17st 0lbs	59	57	55	53	51	49	48	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26	26	25	24	24	
106kg	16st 9lbs	58	56	54	52	50	49	47	45	44	43	41	39	38	37	36	35	34	33	32	31	30	29	29	28	28	27	26	25	24	24	23	
104kg	16st 5lbs	57	55	53	51	49	48	46	45	43	42	40	39	38	36	35	34	33	32	32	31	30	29	28	27	27	26	25	25	24	24	23	
102kg	16st 0lbs	55	54	52	50	48	47	45	44	42	41	39	38	37	36	35	34	33	32	31	30	29	28	27	26	26	25	24	24	23	23	22	
100kg	15st 10lbs	54	53	51	49	47	46	44	43	41	40	39	37	36	35	34	33	32	31	30	29	29	28	27	26	26	25	24	24	23	23	22	
98kg	15st 6lbs	53	52	50	48	46	45	43	42	40	39	38	36	35	34	33	32	32	30	30	29	28	27	26	26	25	24	24	23	23	22	22	
96kg	15st 1lb	52	51	48	47	45	44	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26	25	24	24	23	23	22	22	21	
94kg	14st 11lbs	51	50	47	46	44	43	41	40	39	38	36	35	34	33	32	31	30	29	29	28	27	26	25	25	24	23	23	22	22	21	21	
92kg	14st 6lbs	50	49	46	45	43	42	40	39	38	37	35	34	33	32	31	30	30	29	28	27	26	26	25	24	23	23	22	22	21	21	20	
90kg	14st 2lbs	49	47	45	44	42	41	40	38	37	36	35	33	33	31	31	30	29	28	27	26	26	25	24	24	23	22	22	21	21	20	20	
88kg	13st 12lbs	48	46	44	43	41	40	39	38	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	22	21	20	20	19	19	18	18	
86kg	13st 7lbs	47	45	43	42	40	39	38	37	35	34	33	32	31	30	29	28	28	27	26	25	24	23	22	21	21	20	19	19	18	18	17	
84kg	13st 3lbs	46	44	42	41	39	38	37	36	34	34	32	31	30	29	29	28	27	26	25	24	23	22	21	21	20	19	19	18	18	17	17	
82kg	12st 12lbs	44	43	41	40	39	37	36	35	34	33	32	30	30	29	28	27	26	25	24	23	22	22	21	20	20	19	18	18	17	17	16	
80kg	12st 8lbs	43	42	40	39	38	37	35	34	33	32	31	30	29	28	27	26	26	25	24	23	22	21	21	20	19	19	18	18	17	17	16	
78kg	12st 3lbs	42	41	39	38	37	36	34	33	32	31	30	29	28	27	26	26	25	24	24	23	22	22	21	20	20	19	19	18	18	17	17	
76kg	11st 13lbs	41	40	38	37	36	35	33	32	31	30	29	28	27	26	26	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16	
74kg	11st 9lbs	40	39	37	36	35	34	32	32	30	30	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16	
72kg	11st 4lbs	39	38	36	35	34	33	32	31	29	29	28	27	26	25	24	24	23	22	22	21	20	19	19	18	18	17	17	16	16	15	15	
70kg	11st 0lbs	38	37	35	34	33	32	31	30	29	28	27	26	25	24	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16	15	15	
68kg	10st 9lbs	37	36	34	33	32	31	30	29	28	27	26	25	24	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16	15	15	14	
66kg	10st 5lbs	36	35	33	32	31	30	29	28	27	26	25	24	24	23	22	22	21	20	20	19	19											

Calculating BMI for Children and Adolescents

The adult BMI categories do not apply to children and adolescents aged between 2 and 20. Finding the correct BMI category for a child requires their age, sex and BMI to be compared against a known dataset. Use the graphs below and the table to the right to determine BMI category for children.

More information at:

www.skillsyouneed.com/ps/bmi.html

Child/Adolescent BMI Category	Percentile Range
Underweight	Less than the 5th percentile. <i>Below the blue line</i>
Healthy weight	Between the 5th and 85th percentiles. <i>Between the blue and black lines</i>
Overweight	Between the 85th and 95th percentiles. <i>Between the black and red lines</i>
Obese	Above the 95th percentile. <i>Above the red line</i>

