



# Body Mass Index (BMI) Chart for Adults

WEIGHT		HEIGHT in feet/inches and centimeters																					
		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"
lbs	kg	142cm		147.32	149.86	152.4	154.94	157.48	160.02	162.56	165.1	167.64	170.18	172.72	175.26	177.8	180.34	182.88	185.42	187.96	190.5	193.04	195.58
260	117.9	58	56	54	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	32	32	31
255	115.7	57	55	53	51	50	48	47	45	44	42	41	40	39	38	37	36	35	34	33	32	32	31
250	113.4	56	54	52	50	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	30
245	111.1	55	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	32	31	31	30	29
240	108.9	54	52	50	48	47	45	44	43	41	40	39	38	36	35	34	33	33	32	31	30	29	28
235	106.6	53	51	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	29	28
230	104.3	52	50	48	46	45	43	42	41	39	38	37	36	35	34	33	32	31	30	30	29	28	27
225	102.1	50	49	47	45	44	43	41	40	39	37	36	35	34	33	32	31	31	30	29	28	27	27
220	99.8	49	48	46	44	43	42	40	39	38	37	36	34	33	32	32	31	30	29	28	27	27	26
215	(97.5)	48	47	45	43	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26	25
210	(95.3)	47	45	44	42	41	40	38	37	36	35	34	33	32	31	30	29	28	28	27	26	26	25
205	(93.0)	46	44	43	41	40	39	37	36	35	34	33	32	31	30	29	29	28	27	26	26	25	24
200	(90.7)	45	43	42	40	39	38	37	35	34	33	32	31	30	30	29	28	27	26	26	25	24	24
195	(88.5)	44	42	41	39	38	37	36	35	33	32	31	31	30	29	28	27	26	26	25	24	24	23
190	86.2	43	41	40	38	37	36	35	34	33	32	31	30	29	28	27	26	26	25	24	24	23	23
185	83.9	41	40	39	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22
180	81.6	40	39	38	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21
175	79.4	39	38	37	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21
170	77.1	38	37	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20
165	74.8	37	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	20
160	72.6	36	35	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	19	19
155	70.3	35	34	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19	18
150	68.0	34	32	31	30	29	28	27	27	26	25	24	23	23	22	22	21	20	20	19	19	18	18
145	65.8	33	31	30	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18	17
140	63.5	31	30	29	28	27	26	26	25	24	23	23	22	21	21	20	20	19	18	18	17	17	17
135	61.2	30	29	28	27	26	26	25	24	23	22	22	21	21	20	19	19	18	18	17	17	16	16
130	59.0	29	28	27	26	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16	15
125	56.7	28	27	26	25	24	24	23	22	21	21	20	20	19	18	18	17	17	16	16	16	15	15
120	54.4	27	26	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15	14
115	52.2	26	25	24	23	22	22	21	20	20	19	19	18	17	17	16	16	15	15	14	14	14	14
110	49.9	25	24	23	22	21	21	20	19	19	18	17	17	16	16	15	15	15	14	14	13	13	13
105	47.6	24	23	22	21	21	20	19	19	18	17	17	16	16	15	15	14	14	14	13	13	13	12
100	45.4	22	22	21	20	20	19	18	18	17	17	16	16	15	15	14	14	13	13	13	12	12	12
95	43.1	21	21	20	19	19	18	17	17	16	16	15	15	14	14	14	13	13	13	12	12	12	11
90	40.8	20	19	19	18	18	17	16	16	15	15	14	14	13	13	13	12	12	12	11	11	11	11
85	38.6	19	18	18	17	17	16	16	15	15	14	14	13	13	13	12	12	12	11	11	11	10	10
80	36.3	18	17	17	16	16	15	15	14	14	13	13	13	12	12	11	11	11	11	10	10	10	9

Weight [kg] /  
(Height [m] x Height [m])

**BMI =**

703 x Weight [lb] /  
(Height [in] x Height [in])

BMI values rounded to the nearest whole  
Chart adapted from resources on [www.eatingresearch.com](http://www.eatingresearch.com)

More than 30	Obese	
25-30	Overweight	
19.5- 25	Normal	15% thinking relates to food or compensatory or "safety" behaviours (exercise, weight). Working memory 80% of normal with lapses of attention or confusion. Inflexible and rule driven thinking (50%). Can only focus on the detail of the moment (50%)
17.5-19.5	Underweight	Irregular or absent menstration. Ovulation failure. 25% of thinking relates to food or "safety" behaviours (exercise, weight etc)
15- 17.5	Anorexia Nervosa	Ammenorrhoea. Loss of substance from all body organs and structure. 60% thinking relates to food or "safety" behaviours (exercise, weight etc)
13.5- 15	Severe Anorexia Nervosa	All organ systems compromised- bone, heart, muscle, brain. Metabolism reduced by 50%. 80% thinking relates to food or "safety" behaviours (exercise, weight etc)
12-13.5	Critical Anorexia Nervosa	Inpatient treatment recommended. Organs begin to fail: muscle, bone marrow, heart. 90% thinking relates to food or "safety" (exercise, weight etc)
Less than 12	Life threatening Anorexia Nervosa	95% of thinking relates to food or compensatory or "safety" behaviours (exercise, weight etc). Working memory less than 25% of normal with lapses of attention or confusion. Inflexible and rule driven thinking (90%). Can only focus on the detail of the moment.