

# BMI and Waist Circumference

**BMI & Waist Circumference**

**Body Mass Index (BMI)**  
 The BMI is the best way to determine if you are overweight or obese. It is calculated by dividing your weight in kilograms by your height in meters squared.

**English Formula:**  

$$BMI = \frac{\text{weight in pounds}}{(\text{height in inches})^2} \times 703$$

**Metric Formula:**  

$$BMI = \frac{\text{weight in kilograms}}{(\text{height in meters})^2}$$

**How to measure:** The measurement for waist circumference is at the **umbilicus**.

**Classification**

Classification	BMI
Underweight	Below 18.5
Normal	18.5 - 24.9
Overweight	25.0 - 29.9
Obesity Class I	30.0 - 34.9
Obesity Class II	35.0 - 39.9
Obesity Class III (Extreme Obesity)	40.0+

**Body Mass Index (BMI) Table**

Height (feet)	Weight (pounds)											
	110	120	130	140	150	160	170	180	190	200	210	220
5'0"	19.6	21.2	22.8	24.4	26.0	27.6	29.2	30.8	32.4	34.0	35.6	37.2
5'1"	18.8	20.3	21.8	23.3	24.8	26.3	27.8	29.3	30.8	32.3	33.8	35.3
5'2"	18.0	19.4	20.8	22.2	23.6	25.0	26.4	27.8	29.2	30.6	32.0	33.4
5'3"	17.2	18.5	19.8	21.1	22.4	23.7	25.0	26.3	27.6	28.9	30.2	31.5
5'4"	16.4	17.6	18.8	20.0	21.2	22.4	23.6	24.8	26.0	27.2	28.4	29.6
5'5"	15.6	16.7	17.8	18.9	20.0	21.1	22.2	23.3	24.4	25.5	26.6	27.7
5'6"	14.8	15.8	16.8	17.8	18.8	19.8	20.8	21.8	22.8	23.8	24.8	25.8
5'7"	14.0	15.0	16.0	17.0	18.0	19.0	20.0	21.0	22.0	23.0	24.0	25.0
5'8"	13.2	14.2	15.2	16.2	17.2	18.2	19.2	20.2	21.2	22.2	23.2	24.2
5'9"	12.4	13.4	14.4	15.4	16.4	17.4	18.4	19.4	20.4	21.4	22.4	23.4
5'10"	11.6	12.6	13.6	14.6	15.6	16.6	17.6	18.6	19.6	20.6	21.6	22.6
5'11"	10.8	11.8	12.8	13.8	14.8	15.8	16.8	17.8	18.8	19.8	20.8	21.8
6'0"	10.0	11.0	12.0	13.0	14.0	15.0	16.0	17.0	18.0	19.0	20.0	21.0

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**(Dr. Kayden Gerlach)**

## BMI AND WAIST CIRCUMFERENCE



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