

BODY MASS INDEX (BMI) CHART

Match your height (left column) to your weight (inside the chart) to find BMI.

BMI >	19	20	21	22	23	24	25	26	27	28	29	30	35	40
4-10	90.7	95.5	100.3	105.0	109.8	114.6	119.4	124.1	128.9	137.7	138.5	143.2	167.1	191.0
4-11	93.9	98.8	103.8	108.7	113.6	118.6	123.5	128.5	133.4	138.3	143.3	148.2	172.9	197.6
5-0	97.1	102.2	107.3	112.4	117.5	122.6	127.7	132.9	138.0	143.1	148.2	153.3	178.8	204.4
5-1	100.3	105.6	110.9	116.2	121.5	126.8	132.0	137.3	142.6	147.9	153.2	158.4	187.8	211.3
5-2	103.7	109.1	114.6	120.0	125.5	130.9	136.4	141.9	147.3	152.8	158.2	163.7	191.0	218.2
5-3	107.0	112.7	118.3	123.9	129.6	135.2	140.8	146.5	152.1	157.7	163.4	169.0	197.2	225.3
5-4	110.5	116.3	122.1	127.9	133.7	139.5	145.3	151.2	157.0	162.8	168.3	174.4	203.5	232.5
5-5	113.9	119.9	125.9	131.9	137.9	143.9	149.9	155.9	161.9	167.9	173.3	179.9	209.9	239.9
5-6	117.5	123.7	129.8	136.0	142.2	148.4	154.6	160.8	166.9	173.1	179.3	185.2	216.4	247.3
5-7	121.1	127.1	133.8	140.2	146.5	152.9	159.3	165.7	172.0	178.4	184.8	191.1	223.0	254.9
5-8	124.7	131.3	137.8	144.4	151.0	157.5	164.1	170.6	177.2	186.8	190.3	196.9	230.2	262.5
5-9	128.4	135.2	141.9	148.7	155.4	162.2	168.9	175.7	182.5	189.2	196.0	202.7	236.5	270.3
5-10	132.1	139.1	146.1	153.0	160.0	166.9	173.9	180.8	187.8	194.7	201.7	208.6	249.4	278.2
5-11	135.9	143.1	150.3	157.4	164.6	171.7	178.9	186.0	193.2	200.3	202.5	214.6	250.4	286.2
6-0	139.8	147.2	154.5	161.9	169.2	176.6	183.9	191.3	198.7	206.0	213.4	220.7	257.5	294.3
6-1	143.7	151.3	158.8	166.4	174.0	181.5	189.1	196.7	204.2	211.8	219.3	226.9	264.7	302.5
6-2	147.7	155.4	163.2	171.0	178.8	186.5	194.3	202.1	209.9	217.6	225.4	233.2	272.0	310.9
6-3	151.7	159.7	167.6	175.6	183.6	191.6	199.6	207.6	215.6	223.5	231.5	239.5	279.4	319.4
6-4	155.8	164.0	172.2	180.4	188.6	196.8	205.0	213.2	221.4	229.5	237.7	245.9	286.9	327.9

BMI < 20 Underweight
BMI 20-25 Healthy weight
BMI 26-29 Overweight
BMI > 30 Obese

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For the purposes of the MCSIG Healthy Weight Incentive Program, you must be significantly overweight (BMI of 27 or over to be eligible for reimbursement).

To calculate BMI, multiply your weight in pounds by 704. Divide that number by your height in inches. Divide that number by your height in inches again.

Example: 150 lbs. X 704 = 105,750 105,750 ÷ 66" (5'6") = 1,602 1602 ÷ 66 = 24.2 BMI

Although the BMI is an universally accepted measure, it has some limitations. BMI is not a good indicator for excess fat for heavily muscled individuals (athletes), frail adults, pregnant women and children. These individuals could have high BMI scores but not be overweight, in the case of athletes and pregnant women.