

CLINICAL BMI REFERENCE CHART

Adult Population (Ages 20+)

Patient Name: _____

Date: _____

CLASSIFICATION	BMI RANGE (KG/M ²)	CLINICAL RISK PROFILE
Underweight	< 18.5	Increased nutritional deficiency risk
Healthy Weight	18.5 - 24.9	Lowest risk for metabolic disease
Overweight	25.0 - 29.9	Increased risk of cardiovascular issues
Obesity Class I	30.0 - 34.9	High risk for Type II Diabetes/HTN
Obesity Class II	35.0 - 39.9	Very high clinical intervention recommended
Obesity Class III	≥ 40.0	Extreme risk; medically significant

Formula: BMI = weight (kg) / [height (m)]²

Note: BMI is a screening tool, not a diagnostic of body fatness or health. Factors such as muscle mass, bone density, and ethnic variations should be considered by a qualified healthcare provider.

Reference: World Health Organization (WHO) & CDC Guidelines.