

BMI REFERENCE CHART

Body Mass Index Categories for Adults

BMI RANGE (KG/M ²)	WEIGHT STATUS	HEALTH RISK PROFILE
Below 18.5		Increased risk of nutritional deficiency
18.5 - 24.9		Lowest risk for chronic diseases
25.0 - 29.9		Moderate risk of heart disease & diabetes
30.0 - 34.9		High risk of obesity-related conditions
35.0 - 39.9		Very high risk of serious health issues
40.0 and Above		Highest clinical risk category

Calculation Formula:

Metric: $\text{Weight (kg)} / [\text{Height (m)}]^2$

Imperial: $703 \times \frac{\text{Weight (lbs)}}{[\text{Height (in)}]^2}$