

BMI REFERENCE CHART

Standard Adult Classification (Ages 20+)

| BMI Range (kg/m ²) | Weight Status | Risk Category |
|--------------------------------|-------------------|----------------------------|
| Below 18.5 | Underweight | Increased health risk |
| 18.5 - 24.9 | Healthy Weight | Lowest health risk |
| 25.0 - 29.9 | Overweight | Increased health risk |
| 30.0 - 34.9 | Obese (Class I) | High health risk |
| 35.0 - 39.9 | Obese (Class II) | Very high health risk |
| 40.0 and above | Obese (Class III) | Extremely high health risk |

Calculation Formula:

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

Imperial: $703 \times \text{weight (lbs)} / [\text{height (in)}]^2$

This chart is for informational purposes only. BMI is a screening tool, not a diagnostic of body fatness or overall health.