

BMI Reference Chart

Body Mass Index (BMI) categories for adults aged 20 and over.

Below 18.5	Underweight
18.5 – 24.9	Healthy Weight
25.0 – 29.9	Overweight
30.0 – 34.9	Obesity (Class I)
35.0 – 39.9	Obesity (Class II)
40.0 and Above	Severe Obesity (Class III)

Note: BMI is a screening tool, not a diagnostic of body fatness or health.