

BMI CLASSIFICATION CHART

Reference Guide for Adult Women

BMI RANGE (KG/M²)	CLASSIFICATION	HEALTH RISK CONTEXT
Below 18.5	Underweight	Potential nutrient deficiency
18.5 - 24.9	Normal Weight	Low risk for chronic disease
25.0 - 29.9	Overweight	Increased risk / Pre-obese
30.0 - 34.9	Obesity Class I	High health risk
35.0 - 39.9	Obesity Class II	Very high health risk
40.0 and Above	Obesity Class III	Extremely high health risk

Note: BMI is a screening tool, not a diagnostic of body fatness or metabolic health. It does not account for muscle mass, bone density, or distribution of fat.