

BMI Reference Chart

Body Mass Index Classifications for Adults (20+)

BMI RANGE (KG/M ²)	WEIGHT CATEGORY	HEALTH RISK
Below 18.5	Underweight	Increased
18.5 - 24.9	Healthy Weight	Minimal
25.0 - 29.9	Overweight	Increased
30.0 - 34.9	Obese (Class I)	High
35.0 - 39.9	Obese (Class II)	Very High
40.0 and Above	Obese (Class III)	Extremely High

Calculation Formula:

Metric: $BMI = \frac{\text{weight (kg)}}{\text{height}^2 (\text{m}^2)}$

Imperial: $BMI = \frac{703 \times \text{weight (lbs)}}{\text{height}^2 (\text{in}^2)}$