

# BMI Reference Chart for Seniors (Ages 65+)

Adjusted ranges recommended for older adults to support bone density and frailty prevention.

BMI Range (kg/m <sup>2</sup> )	Category Classification	Health Consideration
Below 23.0	Underweight	Increased risk of frailty and nutritional deficiency.
23.0 - 26.9	Normal / Healthy	Optimal range for muscle mass and metabolic health.
27.0 - 29.9	Overweight	Often acceptable; provides "cushion" against illness.
30.0 and Above	Obese	May increase risk of mobility issues and joint stress.

## Why the difference?

Standard BMI scales often categorize 25+ as overweight. However, for seniors, a slightly higher BMI is associated with lower mortality and protection against osteoporosis.

## Measurement Guide

BMI = weight (kg) / [height (m)]<sup>2</sup>. Ensure measurements are taken at the same time of day for consistency.

This chart is for informational purposes only. Consult a healthcare provider for clinical diagnosis.