

To calculate your own BMI, use your accurate body weight and your standing height without shoes.

Weigh Your Risk With BMI

How to use this chart:

1. Look down the left column to find your height (*measured in feet and inches*).
2. Look across that row and find the weight nearest your own.
3. Look to the number at the top of the column to identify your BMI.
4. If your number is 27 or greater, you may be at risk.

		WEIGHT (In Pounds)																	
		BMI ▶	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	
H E I G H T	4'10"		119	124	▶	129	134	138	143	148	153	158	162	167	172	177	181	186	191
	4'11"		124	128		133	138	143	148	153	158	163	168	173	178	183	188	193	198
	5'		128	133		138	143	148	153	158	164	169	174	179	184	189	194	199	204
	5'1"		132	137		143	148	153	158	164	169	174	180	185	190	195	201	206	211
	5'2"		136	142		147	153	158	164	169	175	180	186	191	196	202	207	213	218
	5'3"		141	146		152	158	163	169	175	180	186	192	197	203	208	214	220	225
	5'4"		145	151		157	163	169	174	180	186	192	198	203	209	215	221	227	233
	5'5"		150	156		162	168	174	180	186	192	198	204	210	216	222	228	234	240
	5'6"		155	161		167	173	179	185	192	198	204	210	216	223	229	235	241	247
	5'7"		159	166	▶	172	178	185	191	198	204	210	217	223	229	236	242	248	255
	5'8"		164	171		177	184	190	197	203	210	217	223	230	236	243	249	256	263
	5'9"		169	176		182	189	196	203	209	216	223	230	237	243	250	257	264	270
	5'10"		174	181		188	195	202	209	216	223	230	236	243	250	257	264	271	278
	5'11"		179	186		193	200	207	215	222	229	236	243	250	258	265	272	279	286
	6'		184	191		199	206	213	221	228	235	243	250	258	265	272	280	287	294
	6'1"		189	197		204	212	219	227	234	242	250	257	265	272	280	287	295	303
	6'2"		194	202		210	218	225	233	241	249	256	264	272	280	288	295	303	311
	6'3"		200	208		216	224	232	240	247	255	263	271	279	287	295	303	311	319
	6'4"		205	213	▶	221	230	238	246	254	262	271	279	287	295	303	312	320	328

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When evaluating patients for the metabolic syndrome...

What is considered a risky BMI?^{1,2}

BMI (kg/m ²)	Weight Class	Level of Risk
18.5 - 24.9	Normal	Low risk
25.0 - 29.9	Overweight	Moderate-high risk
30.0 or greater	Obese	Very high risk



GlaxoSmithKline



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