

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<br>E<br>I<br>G<br>H<br>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 |     |

Used by Knoll Pharmaceutical Company with permission from George Bray, M.D.



knoll®

BASF Pharma

When evaluating patients for the metabolic syndrome...

## What is considered a risky BMI?<sup>1,2</sup>

| BMI (kg/m <sup>2</sup> ) | 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



Bristol-Myers Squibb Company

© 2002 The GlaxoSmithKline Group of Companies  
All rights reserved. Printed in USA. AVD197R0 February 2002