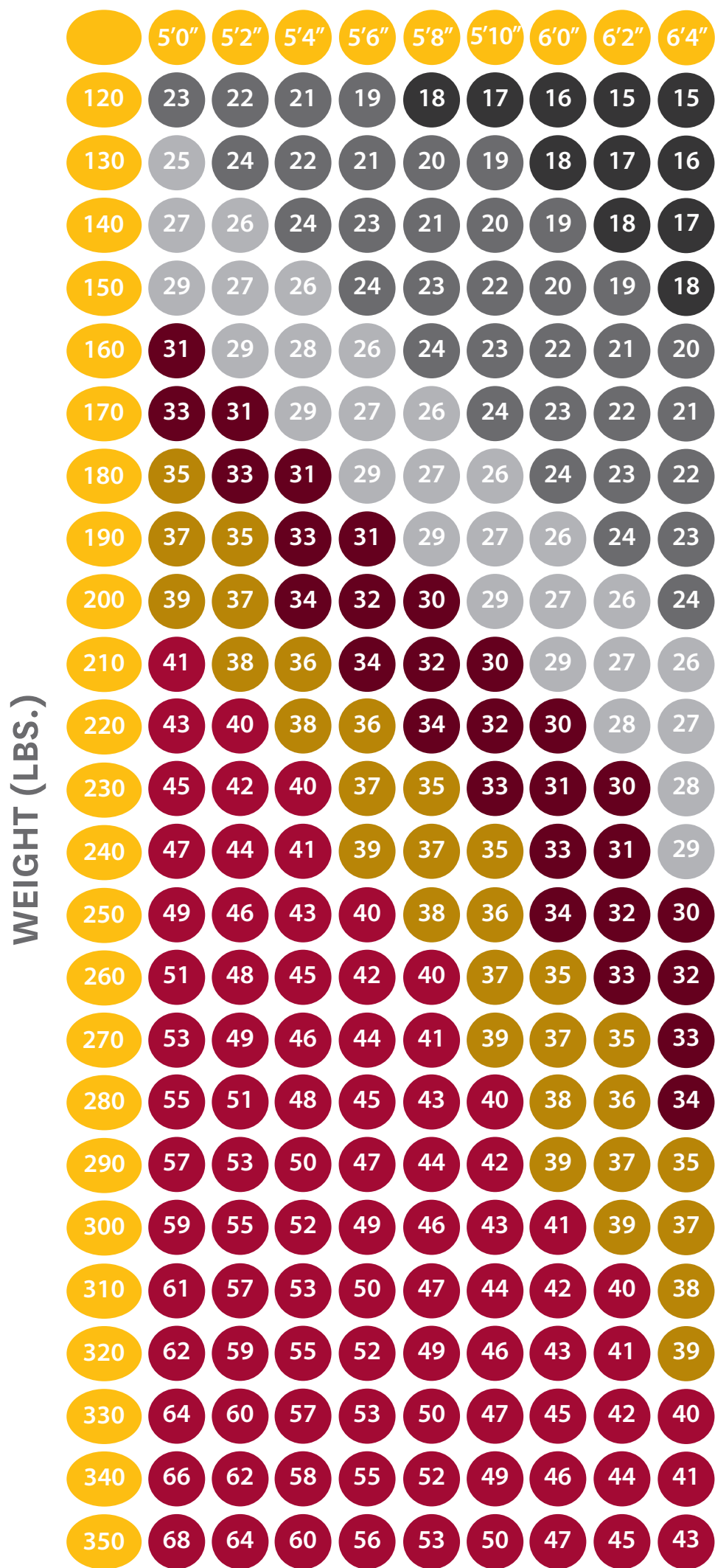


Understanding Body Mass Index (BMI)

HEIGHT



Ideal Weights for Women*

HEIGHT			IDEAL WEIGHT		MULTIPLIER (LBS.)		
ft.	in.	cm.	lbs.	kg.	2x	2-1/2x	3x
4	10	147.3	115	52.2	230	287.5	345
4	11	149.9	117	53.1	234	292.5	351
5	0	152.4	119.5	54.2	239	298.7	358.5
5	1	154.9	122	55.3	244	305	366
5	2	157.5	125	56.7	250	312.5	375
5	3	160.0	128	58.1	256	320	384
5	4	162.6	131	59.4	262	327.5	393
5	5	165.1	134	60.8	268	335	402
5	6	167.6	137	62.1	274	342.5	411
5	7	170.2	140	63.5	280	350	420
5	8	172.7	143	64.9	286	357.5	429
5	9	175.3	146	66.2	292	365	438
5	10	177.8	149	67.6	298	372.5	447
5	11	180.3	152	68.9	304	380	456
6	0	182.9	155	70.3	310	387.5	465

Ideal Weights for Men*

HEIGHT			IDEAL WEIGHT		MULTIPLIER (LBS.)		
ft.	in.	cm.	lbs.	kg.	v2x	2-1/2x	3x
5	2	157.5	136	61.7	272	340	408
5	3	160.0	138	62.6	276	345	414
5	4	162.6	140	63.5	280	350	420
5	5	165.1	142.5	64.6	285	356.2	427.5
5	6	167.6	145	65.8	290	362.5	435
5	7	170.2	149	67.6	298	372.5	447
5	8	172.7	151	68.5	302	377.5	453
5	9	175.3	154	69.8	308	385	462
5	10	177.8	157	71.2	314	392.5	471
5	11	180.3	160	72.6	320	400	480
6	0	182.9	163.5	74.2	327	408.7	490.5
6	1	185.4	167	75.7	334	417.5	501
6	2	188.0	171	77.6	342	427.5	513
6	3	190.5	174.5	79.1	349	436.2	523.5
6	4	193.0	179	81.2	358	447.5	537

*For persons with medium-size frame.

Ideal weight varies on frame size.

Charts courtesy of: Statistics Related to Overweight and Obesity, National Institute of Diabetes and Digestive and Kidney Diseases, Weight-control Information Network. NIH Publication No. 96-4158, July 1996.



†Based on information from the American Society for Metabolic and Bariatric Surgery (<http://asbs.org/html/patients/bmi.html>).

- A common measure of obesity is BMI.
- Your BMI is important when considering your treatment options, especially when accompanied by one or more co-morbid conditions.
- Morbid obesity is defined as a BMI of 40 or more (roughly equal to 100 pounds or more over ideal body weight).¹
- Morbid obesity increases the risk of an early death by 50 percent (compared to a non-obese person).²

¹American College of Surgeons. Recommendation for Facilities Performing Bariatric Surgery. Bull Am Coll Surg 200 Sep; 85(9):20-3.

²American Society for Bariatric Surgery. Rationale for the Surgical Treatment of Morbid Obesity. [Online] 8 April 1998, <<http://www.asbs.org/html/ration.html>>.