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home / fitness & health / bmi calculator BMI = 20.1 kg/m2 (Normal)161718.525303540UnderweightNormalOverweightObesityBMI = 20.1Healthy BMI range: 18.5 kg/m2 - 25 kg/m2Healthy weight for the height: 59.9 kg - 81 kgBMI Prime: 0.8Ponderal Index: 11.1 kg/m3 The Body Mass Index (BMI) Calculator can be used to calculate BMI value and corresponding weight status while taking age into consideration. Use the "Metric Units" tab for the International System of Units or the "Other Units" tab to convert units into either US or metric units. Note that the calculator also computes the Ponderal Index in addition to BMI, both of which are discussed below in detail. BMI introduction BMI is a measurement of a person's leanness or corpulence based on their height and weight, and is intended to quantify tissue mass. It is widely used as a general indicator of whether a person has a healthy body weight for their height. Specifically, the value obtained from the calculation of BMI is used to categorize whether a person is underweight, normal weight, overweight, or obese depending on what range the value falls between. These ranges of BMI vary based on factors such as region and age, and are sometimes further divided into subcategories such as severely underweight or very severely obese. Being overweight or underweight can have significant health effects, so while BMI is an imperfect measure of healthy body weight, it is a useful indicator of whether any additional testing or action is required. Refer to the table below to see the different categories based on BMI that are used by the calculator. BMI table for adults This is the World Health Organization's (WHO) recommended body weight based on BMI values for adults. It is used for both men and women, age 20 or older. BMI chart for adults This is a graph of BMI categories based on the World Health Organization data. The dashed lines represent subdivisions within a major categorization. BMI table for children and teens, age 2-20 The Centers for Disease Control and Prevention (CDC) recommends BMI categorization for children and teens between age 2 and 20. BMI chart for children and teens, age 2-20 The Centers for Disease Control and Prevention (CDC) BMI-for-age percentiles growth charts. Chart for boys Chart for girls Risks associated with being overweight Being overweight increases the risk of a number of serious diseases and health conditions. Below is a list of said risks, according to the Centers for Disease Control and Prevention (CDC): High blood pressure Higher levels of LDL cholesterol, which is widely considered "bad cholesterol," lower levels of HDL cholesterol, considered to be good cholesterol in moderation, and high levels of triglycerides Type II diabetes Coronary heart disease Stroke Gallbladder disease Osteoarthritis, a type of joint disease caused by breakdown of joint cartilage Sleep apnea and breathing problems Certain cancers (endometrial, breast, colon, kidney, gallbladder, liver) Low quality of life Mental illnesses such as clinical depression, anxiety, and others Body pains and difficulty with certain physical functions Generally, an increased risk of mortality compared to those with a healthy BMI As can be seen from the list above, there are numerous negative, in some cases fatal, outcomes that may result from being overweight. Generally, a person should try to maintain a BMI below 25 kg/m2, but ideally should consult their doctor to determine whether or not they need to make any changes to their lifestyle in order to be healthier. Risks associated with being underweight Being underweight has its own associated risks, listed below: Malnutrition, vitamin deficiencies, anemia (lowered ability to carry blood vessels) Osteoporosis, a disease that causes bone weakness, increasing the risk of breaking a bone A decrease in immune function Growth and development issues, particularly in children and teenagers Possible reproductive issues for women due to hormonal imbalances that can disrupt the menstrual cycle. Underweight women also have a higher chance of miscarriage in the first trimester Potential complications as a result of surgery Generally, an increased risk of mortality compared to those with a healthy BMI In some cases, being underweight can be a sign of some underlying condition or disease such as anorexia nervosa, which has its own risks. Consult your doctor if you think you or someone you know is underweight, particularly if the reason for being underweight does not seem obvious. Limitations of BMI Although BMI is a widely used and useful indicator of healthy body weight, it does have its limitations. BMI is only an estimate that cannot take body composition into account. Due to a wide variety of body types as well as distribution of muscle, bone mass, and fat, BMI should be considered along with other measurements rather than being used as the sole method for determining a person's healthy body weight. In adults: BMI cannot be fully accurate because it is a measure of excess body weight, rather than excess body fat. BMI is further influenced by factors such as age, sex, ethnicity, muscle mass, body fat, and activity level, among others. For example, an older person who is considered a healthy weight, but is completely inactive in their daily life may have significant amounts of excess body fat even though they are not heavy. This would be considered unhealthy, while a younger person with higher muscle composition of the same BMI would be considered healthy. In athletes, particularly bodybuilders who would be considered overweight due to muscle being heavier than fat, it is entirely possible that they are actually at a healthy weight for their body composition. Generally, according to the CDC: Older adults tend to have more body fat than younger adults with the same BMI. Women tend to have more body fat than men for an equivalent BMI. Muscular individuals and highly trained athletes may have higher BMIs due to large muscle mass. In children and adolescents: The same factors that limit the efficacy of BMI for adults can also apply to children and adolescents. Additionally, height and level of sexual maturation can influence BMI and body fat among children. BMI is a better indicator of excess body fat for obese children than it is for overweight children, whose BMI could be a result of increased levels of either fat or fat-free mass (all body components except for fat, which includes water, organs, muscle, etc.). In thin children, the difference in BMI can also be due to fat-free mass. That being said, BMI is fairly indicative of body fat for 90-95% of the population, and can effectively be used along with other measures to help determine an individual's healthy body weight. BMI formula Below are the equations used for calculating BMI in the International System of Units (SI) and the US customary system (USC) using a 5'10", 160-pound individual as an example: USC Units: BMI = 703 = 703 = 23.0 SI, Metric Units: BMI = = = 23.0 BMI Prime BMI prime is the ratio of a person's measured BMI to the upper limit of BMI that is considered "normal," by institutions such as the WHO and the CDC. Though it may differ in some countries, such as those in Asia, this upper limit, which will be referred to as BMIupper is 25 kg/m2. The BMI prime formula is: Since BMI prime is a ratio of two BMI values, BMI prime is a dimensionless value. A person who has a BMI prime less than 0.74 is classified as underweight; from 0.74 to 1 is classified as normal; greater than 1 is classified as overweight; and greater than 1.2 is classified as obese. The table below shows a person's weight classification based on their BMI prime: BMI prime allows us to make a quick assessment of how much a person's BMI differs from the upper limit of BMI that is considered normal. It also allows for comparisons between groups of people who have different upper BMI limits. Ponderal Index The Ponderal Index (PI) is similar to BMI in that it measures the leanness or corpulence of a person based on their height and weight. The main difference between the PI and BMI is the cubing rather than squaring of the height in the formula (provided below). While BMI can be a useful tool when considering large populations, it is not reliable for determining leanness or corpulence in individuals. Although the PI suffers from similar considerations, the PI is more reliable for use with very tall or short individuals, while BMI tends to record uncharacteristically high or low body fat levels for those on the extreme ends of the height and weight spectrum. Below is the equation for computing the PI of an individual using USC, again using a 5'10", 160-pound individual as an example: USC Units: PI = = = 12.9 SI, Metric Units: PI = = = 12.9 Use this tool to quickly calculate your BMI based on your height and weight.How to Use the Height from BMI and Weight CalculatorTo use this calculator, you need to input your weight in kilograms and your BMI (Body Mass Index).Steps:Enter your weight in kilograms in the Weight input field.Enter your BMI in the BMI input field.Click on the Calculate button.The calculator will display your height based on the entered weight and BMI.Explanation of the CalculationYour height is calculated using the formula:Height (m) = (Weight (kg) / BMI). This formula rearranges the BMI formula:BMI = Weight (kg) / Height (m).LimitationsThe calculated height is an approximation based on the input weight and BMI.The accuracy of the result depends on the accuracy of the provided BMI value,and individual variations in body composition are not accounted for. Additionally,BMI is not always a perfect indicator of health, as it does not consider factorssuch as muscle mass, bone density, and overall body composition.Use Cases for This CalculatorAssessing Fitness LevelsYour fitness journey begins with understanding your body composition. By using a height, weight, and BMI calculator, you can assess your fitness levels and make informed decisions about your exercise routine and nutrition plan.Monitoring Weight Loss ProgressIf youre on a weight loss journey, tracking your BMI is essential. Regularly inputting your height and weight can provide you with insights into your progress, helping you stay motivated and adjust your goals as needed.Setting Health GoalsEstablishing realistic health goals can be challenging without a clear starting point. A height and weight calculator can help you determine a healthy BMI range, providing a solid foundation for your fitness and wellness objectives.Understanding Nutritional NeedsYour bodys nutritional needs change based on your weight and BMI. By knowing your BMI, you can tailor your diet to ensure you are getting the right nutrients to support your overall health and wellness journey.Guiding Medical ConsultationsWhen visiting a healthcare provider, its crucial to provide accurate information about your BMI. This information helps your doctor assess your health risks and tailor their recommendations to your specific needs, ensuring you receive personalized care.Supporting Weight Management in FamiliesManaging your familys health can be daunting, but a height and weight calculator simplifies the process. By assessing each members BMI, you can identify who may need guidance on healthy eating and physical activity.Encouraging Healthy Lifestyle ChoicesUsing a BMI calculator can motivate you to make healthier lifestyle choices. Understanding the connection between weight, height, and overall health can inspire you to adopt better eating habits and incorporate regular physical activity into your life.Identifying Weight-Related Health RisksBeing aware of your BMI can alert you to potential health risks associated with being underweight or overweight. By using a height, weight, and BMI calculator, you can better understand your risk of chronic diseases and take proactive steps to improve your health.Tailoring Fitness ProgramsYour height and weight play a significant role in determining what fitness programs work best for you. By calculating your BMI, you can choose appropriate exercise plans that match your body type and weight management goals.Facilitating Group Health ChallengesJoining a group fitness or health challenge can be more effective when you track everyones BMI. This collective approach fosters accountability and encourages friendly competition, ultimately leading to better health outcomes for all participants. Official websites use .gov A .gov website belongs to an official government organization in the United States. Secure .gov websites use HTTPS A lock ( ) or https:// means you've safely connected to the .gov website. Share sensitive information only on official, secure websites. June 26, 2024 Body mass index (BMI) is a calculated measure of weight relative to height. For adults, BMI is categorized into underweight, healthy weight, overweight, and obesity. Obesity is further subdivided into three classes. This BMI calculator is for adults 20 and older. This calculator provides BMI and the corresponding BMI category for adults 20 and older. For children and teens 2 through 19 years, use the BMI Calculator for Children and Teens. BMI is one potential health indicator and should be considered with other factors when assessing an individual's health. These factors may include a patient's medical history, health behaviors, physical exam findings, and laboratory findings. Read more About BMI. Persons may consider seeking advice from their health care providers about their BMI. This calculator is not a substitute for professional medical advice. Based on the information entered, your body mass index (BMI) is 0, indicating your weight is in the category for adults of your height. Obesity is sub-divided into 3 classes, and your BMI falls into Class 0, also called Severe Obesity. BMI Category Ranges Table BMI Category BMI Range Below 18.5 18.5 to 24.9 25.0 to 29.9 30.0 or greater 30.0 to 34.9 35.0 to 39.9 Class 3 Obesity (Severe Obesity) 40.0 or greater Maintaining a BMI in the Healthy Weight range is one way to support overall health as you age. Discuss your BMI with your healthcare provider as BMI may relate to your overall health and well-being. For more information about lifestyle approaches, visit Healthy Weight and Growth. BMI is a screening measure and is not intended to diagnose disease or illness. Discuss your BMI category with your healthcare provider as BMI may relate to your overall health and well-being. Your healthcare provider might determine possible reasons for underweightoverweightexcess weight and recommend support or treatment. BMI is a screening measure and is not intended to diagnose disease or illness. For more information, visit About BMI or BMI Frequently Asked Questions. Related Resources The calculated BMI appears to be out of range. Please check the accuracy of the information you entered. Copy and paste the code below: Note: this calculator uses JavaScript. If you have JavaScript turned off or have problems using the calculator, use the formula for calculating BMI on About BMI. June 25, 2024 Body mass index (BMI) is a medical screening tool that measures the ratio of your height to your weight to estimate the amount of body fat you have. Healthcare providers calculate BMI by using weight in kilograms (kg) divided by the square of height in meters (m2).In most people, BMI correlates to body fat the higher the number, the more body fat you may have but its not accurate in some cases. BMI alone doesnt diagnose health. Healthcare providers use BMI and other tools and tests to assess someones health status and risks.High body fat may lead to heart disease, stroke and Type 2 diabetes. Low body fat may be related to malnutrition. Just the right amount of body fat helps vitamins and minerals get into your body. It also provides a source of energy for your body, helps maintain body temperature and protects your organs.You shouldnt use the standard BMI chart to evaluate a childs or teenagers weight. Talk to your childs healthcare provider about the optimum weight range for their age and height.Healthcare providers use BMI to help diagnose weight types and as a screening tool for certain health conditions.Diagnosing weight types with BMIIn general, the following BMI ranges (in kg/m2) classify different weight types:Underweight: Less than 18.5Optimum range: 18.5 to 24.9Overweight: 25 to 29.9Class I obesity: 30 to 34.9Class II obesity: 35 to 39.9Class III obesity: More than 40BMI isnt the only tool providers use to classify weight types. Other tools include:Measuring waist circumferenceMeasuring skin thickness using skinfold calipers in certain areas of your body, such as the back of your upper arms and under your shoulder bladesDEXA scan and air displacement plethysmography (ADP) these are used less oftenScreening for health risks with BMIIf you have a BMI less than 18.5 (underweight), you may be at a higher risk for developing the following conditions:MalnutritionAnemiaWeakened immune system, which could lead to more frequent infections and illnessesOsteoporosisInfertilityIf you have underweight, your healthcare provider will likely order certain blood tests and other tests to check your overall health and to see if youre malnourished.In general, the higher your BMI, the higher your risk for the following conditions:Heart diseaseHigh blood pressure (hypertension)Type 2 diabetesGallstonesOsteoarthritisSleep apneaCertain cancers, including colon, breast, endometrial and gallbladderDepression and other mental health conditionsIts important to remember that you could have any of the above health conditions without having a high BMI. Similarly, you could have a high BMI without having any of these conditions. Genetics and other factors, such as smoking cigarettes, play a large role in the development of these conditions.If your BMI reveals you may have obesity, your provider will likely order certain blood tests to check your general health, such as a comprehensive metabolic panel and lipid panel.How do I calculate my BMI?You can calculate BMI yourself with these steps:Multiply your weight in pounds by 703.Divide that answer by your height in inches (there are 12 inches in 1 foot).Divide that answer by your height in inches again.For example, a person who weighs 180 lbs. and is 5 feet and 5 inches tall (65 inches total) would calculate their BMI in the following way:180 x 703 = 126,540126,540 / 65 = 1,946.7691,946.769 / 65 = 29.95Their BMI would be 29.9.What is a healthy BMI?The optimum range for a healthy BMI is considered to be 18.5 to 24.9.Its important to remember that body fatness isnt the only determiner of overall health. Several other factors, such as genetics, activity level, smoking cigarettes or using tobacco, drinking alcohol and mental health conditions all affect your overall health and your likelihood of developing certain medical conditions.What are the limitations of BMI?The standard BMI chart has limitations for various reasons. Because of this, its important to not put too much emphasis on your BMI.Even though the BMI chart can be inaccurate for certain people, healthcare providers still use it because its the quickest tool for assessing a persons estimated body fat amount.Limitations of using BMI to help diagnose weight typesThe standard BMI has limitations in regards to diagnosing weight types, including:BMI doesnt differentiate between lean body mass (the weight of everything in your body except fat) and fat mass. Because of this, a person can have a high BMI (by being muscular) but still have a very low fat mass and vice versa.The same BMI chart is used for males and females even though adult females typically have more body fat than adult males.The BMI chart hasnt been adjusted for the increasing average adult height over the years.You shouldnt use the standard BMI chart to assess the amount of body fat of the following populations:Athletes and bodybuildersChildren and teenagersAnyone whos pregnantAnyone over the age of 65People who have muscle atrophy (wasting) due to medical conditionsLimitations of using BMI as a screening tool for health conditionsThe BMI as a screening tool for assessing the risk of certain health conditions, such as Type 2 diabetes and heart disease, has some limitations, including:The BMI doesnt measure the location or distribution of body fat. This is an issue because excess fat accumulation in certain areas of your body, such as in your belly (abdomen), is associated with a higher risk of health conditions than excess fat accumulation in other areas of your body, such as in your thighs.The relationship between BMI and rate of death often doesnt account for such factors as family history of diabetes, high blood pressure, cardiovascular disease and high cholesterol (dyslipidemia), familial longevity (average lifespan) or family history of cancer.By Alastair Hazell|Last update: 09 November 2023The BMI formula uses your weight (in kg or pounds) and your height (in meters or inches) to form a simple calculation that provides a measure of your body fat. The formula for BMI was devised in the 1830s by Belgian mathematician Adolphe Quetelet and is universally expressed in kg/m2.Body mass index is a measure of body fat and is commonly used within the health industry to determine whether your weight is healthy. BMI applies to both adult men and women and is the calculation of body weight in relation to height. This article delves into the BMI formula and demonstrates how you can use it to calculate your own BMI.The first formula we've listed is the metric BMI formula, using kilograms and meters. The second one is the imperial BMI formula, which uses units of pounds and inches. Converters are available for kilos to stone, kilos to pounds and ounces and pounds, should you need them.BMI = weight (kg) / [height (m)]2BMI = 703 weight (lbs) / [height (in)]2Let's go through a couple of examples to demonstrate how these formulae work.Using the BMI formula (metric units)These simple steps will help you work out your BMI:Multiply your height in meters (m) by itselfDivide your weight in kilograms (kg) by your step 1 resultExample using formulaFor an adult with height of 180 cm and weight of 75 kg. Our first step needs to be to convert the height into meters (British spelling: metres). As there are 100cm in a meter, we divide our figure by 100. This gives us 1.8m.Let's plug those figures into our formula:BMI = 75 (1.8 1.8)BMI = 75 3.24This gives us a BMI figure of 23.15.Using the imperial BMI formulaSimple steps to work out your imperial BMI:Multiply your height in inches (in) by itselfDivide your weight in pounds (lbs) by your step 1 resultMultiply the result from step 2 by 703.Example using formulaFor an adult with height of 5ft 11 inches and weight of 155 pounds (lbs). Step one is to convert the height into inches only. There are 12 inches in a foot, so we simply multiply the 5ft by 12 and then add the 11 inches. This gives us a total of 71 inches.Let's plug those figures into our formula:BMI = 703 (155 (71 71))We do the multiplication inside the brackets first:BMI = 703 (155 5041)And then...BMI = 703 0.030747867This gives us a BMI figure of 21.62.Of course, should you not wish to calculate BMI manually with the formula, you can use my popular BMI calculator or the interactive BMI formula below.Interactive BMI formulaUse the interactive BMI formula calculator below to demonstrate the formula and resulting BMI calculation for your chosen weight and height figures. Options for both metric and imperial units are available.Please note that this calculator requires JavaScript to be enabled in your browser.Metric BMI FormulaBMI =weight (kg)height (m)2 703=ANote that the results given by the Interactive BMI Formula should be used only as a guide and should not replace medical advice.BMI CategorizationThe BMI statistical categories below are based on BMI scores and apply to adults of age 20 years and upwards. The World Health Organisation (WHO) regards a healthy adult BMI to be between 18.5 and 25.BMIBMI CategoryLess than 15Very severely underweightBetween 15 and 16Severely underweightBetween 16 and 18.5UnderweightBetween 18.5 and 25Normal (healthy weight)Between 25 and 30OverweightBetween 30 and 35Moderately obeseBetween 35 and 40Severely obeseOver 40Very severely obeseBMI chartFor a full chart of BMI values, customised for your own height and weight, see my interactive BMI chart.The BMI formula remains controversialWe can't feature an article about the BMI formula without touching upon some of the controversies surrounding it.It is a common argument that the results the BMI formula provides are too general and do not consider the gender, build, age or ethnicity of a person. For example, professional athletes are often considered overweight or obese when using BMI measurements due to their muscle content, which weighs more than fat.Similarly, as people age their bone density decreases. So, although they may seem to have a weight within the normal BMI range, their measurement actually needs to be scaled-down to reflect this. In a study published in the Journal of Economics in 2008, John Cawley, professor at Cornell University, was able to demonstrate that, relative to percent body fat, BMI appears to misclassify substantial fractions of individuals as obese or non-obese. You can read more about his research in this HealthyDebate article published in 2016.Alternatives to BMI do exist for those who consider BMI an inaccurate measurement tool.It goes without saying that you should always speak to a Doctor or health professional for advice and guidance if you are concerned about your weight.References:Like this? Please shareYour comments BMI (body mass index)is a calculation used to determine if a person is overweight that applies to both adult men and women. Although BMI is not perfect because it does not directly assess body fat, it is still considered a reasonable alternative for identify people who are overweight or obese, since measuring body fat directly is a costly process. This BMI calculatorwill give your estimated number. Enter your height and weight below, then click the "Submit" button. If your BMIis above 25, losing weight is a smart idea. BMI interpretation Under 18.5 Underweight 18.5 - 24.9 Normal 25 - 29.9 Overweight 30 and over Obese BMI table You can also determine your BMI using the chart below. First, identify your weight (to the nearest 10 pounds) in one of the columns across the top, then move your finger down the column until you come to the row that represents your height. Inside the square where your weight and height meet is a number that is an estimate of your BMI. For example, if you weigh 160 pounds and are 5'7", your BMI is 25. As a service to our readers, Harvard Health Publishing provides access to our library of archived content. Please note the date of last review or update on all articles. No content on this site, regardless of date, should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician. By Alastair Hazell|Last update: 09 November 2023The BMI formula uses your weight (in kg or pounds) and your height (in meters or inches) to form a simple calculation that provides a measure of your body fat. The formula for BMI was devised in the 1830s by Belgian mathematician Adolphe Quetelet and is universally expressed in kg/m2.Body mass index is a measure of body fat and is commonly used within the health industry to determine whether your weight is healthy. BMI applies to both adult men and women and is the calculation of body weight in relation to height. 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Calculate BMI with weight in pounds, stones or kilograms. Enter height in inches, feet and inches, meters or centimeters. BMI Formulas Divide weight by height squared to find BMI. Note that you need to use kg and meters the standard units for the BMI formula are kg and meters. If you need other units of measure the calculator will convert among units for you. In metric units, using kg and meters: \(\text{ BMI} = \dfrac{ \text{ weight in kg}}{ \text{ height}^2 \text{ in m}} \) BMI = weight height2 In metric units: BMI = weight (kg) height2 (meters) In US units: BMI = weight (lb) height2 (inches) * 703 See additional BMI formulas below for accurate calculations in metric or imperial units. What is BMI? The body mass index or BMI is a ratio of mass to height. It is calculated as kg per square meter or pounds per square inch of height. Numeric BMI values correspond to weight categories including underweight, normal, overweight and obese. BMI is used as an indicator of the relative healthiness of a person. The Centers for Disease Control (CDC) and the World Health Organization (WHO) recognize that people who are overweight or underweight are at higher risk for certain health conditions. BMI also enables health professionals to discuss bodyweight objectively with their patients. Calculate Adult BMI The CDC and WHO use the BMI range charts below to evaluate the weight of adults aged 20 and over given his or her height. These ranges typically apply to North American and Eurpoean populations. Wikipedia lists alternative BMI ranges and categories for specific Asian populations. Cut-off points for specific international subpopulations may vary. It's important to keep in mind that the generic BMI chart above does not account for differences between men and women. It is also limited in evaluating bodyweight health in people of short stature, or those who have very high muscle mass. Calculate Child and Teen BMI The CDC recommends using a BMI-for-age calculation in children and teens between 2 and 20 years of age. Children's body fat varies with age, and boys and girls grow at different rates. So while the BMI calculation is the same for boys and girls as well as adults, there are separate BMI growth charts for boys and girls. Child BMI Percentile Scale Underweight, below the 5th percentile Healthy weight, between the 5th and 85th percentiles Overweight, between the 85th and 95th percentiles Obese, equal to or greater than the 95th percentile CDC Male BMI Growth Chart CDC Female BMI Growth Chart How to Calculate BMI Using metric units, where weight is in kilograms and height is in meters, divide weight by meters squared. In US units, where weight is in pounds and height is in inches, divide weight by inches squared. Then multiply this figure by 703. Example 1: Calculate BMI in metric units Matilda weighs 64 kg and is 1.9 meters tall. What is her BMI? Divide 64 by 1.92 BMI = w h2 BMI = 64 1.92 BMI = 64 3.61 BMI = 17.7 Example 2: Calculating BMI in US units Stanley weighs 184 lb and is 5 feet, 10 inches tall. What is his BMI? Find total inches by multiplying 5 * 12 and add 10. Divide weight by total inches squared and multiply the result by 703. 5 feet, 10 inches = 70 inches BMI = (w h2) * 703 BMI = (184 702) * 703 BMI = (184 4900) * 703 BMI = 0.3755 * 703 BMI = 26.4 Although BMI is calculated the same way worldwide for all ages, the way an individual's BMI is interpreted depends on location and the person's age. In many Southeast Asian countries, the thresholds for the overweight and obese categories tend to be lower. For example, in Singapore and Hong Kong a BMI of 23.0 is considered overweight, whereas in the United States a BMI of 25 is considered overweight. Children and adolescents are not evaluated using these thresholds but are evaluated relative to others of the same age and gender. See the charts above. Keep in mind that BMI is a ratio between height and total body weight - it does not differentiate between weight from muscle and weight from fat, nor does it consider an individual's body frame type. BMI is one of several tools used to assess a person's weight and overall health. If you are concerned about your weight, it is best to consult with your doctor or healthcare professional. Normal Weight Range Normal weight BMI is 18.5 to 24.9. To calculate your normal weight range use the following: Metric units: minimum weight (kg) = 18.5 height2 (m) maximum weight (kg) = 24.9 height2 (m) US units: minimum weight (lb) = (18.5 703) height2 (in) maximum weight (lb) = (24.9 703) height2 (in) References What Does My BMI Number Mean? Body mass index (BMI) is a measure of your weight relative to your height. For all men and women 20 years old and older, the BMI measurement is classified into one of four main weight categories: Below 18.5: Underweight 18.5 24.9: Healthy Weight 25.0 29.9: Overweight 30.0 and above: Obesity People of Asian descent may have greater health risks at a lower BMI. People in this group may be placed in the overweight range if their BMI is between 23 and 25 and may have obesity if their BMI is 25 or greater. Less than 5th percentile: Underweight 5th percentile to less than 85th percentile: Healthy weight 85th percentile to less than 95th percentile: Overweight Equal to or greater than the 95th percentile: Obesity What Does My BMI Measurement Not Tell Me? BMI is a screening tool that can let you know if you may be at risk for weight-related health problems. But because it doesnt directly measure fat, there are some important things it cant take into account : Where your body fat is located: Maybe the most important thing that a BMI measurement cant tell is where youre storing fat in your body. Subcutaneous fat is just under your skin its the fat you can see. But visceral (or abdominal) fat settles around your organs and has the greatest impact on your health. A high amount of this type of fat raises your risk for diabetes, heart disease, certain cancers, and other serious health problems. Age: Body fat as a percentage of total body weight begins to go up around age 30. Sex: At the same BMI, women (or people assigned female at birth) have about 10% more body fat than men (or people assigned male at birth). Race/ethnic group: Different races or ethnic groups can have differences in body makeup at the same BMI. This includes such things as bone density, percentage of body fat, and overall body size. Muscle mass: BMI is a measure of relative weight compared to height. It doesnt measure how much of your weight is made up of muscle. A person with more muscle tissue as a percentage of body weight can have the same BMI as someone with more body fat. Pregnancy: You shouldnt use a BMI measurement to see if youre at a healthy weight while youre pregnant. Talk to your doctor about the weight range that is right for you at this time. How to Use Your BMI Range A BMI range tells you if youre in a certain weight category. Compared to other tests your doctor can perform, its an effective measure of whether that weight category may increase your risk of certain serious health problems. But taken alone, it doesnt mean that youre fat or skinny. It cant tell you if youre healthy or not or diagnose you with any condition. Talk with your doctor about your weight and your BMI. They can help you understand it as part of the bigger picture of your health as an individual and make decisions that are right for you. BMI CalculatorA number doctors use to help judge your risk of illness. Body fat isnt measured.Waist-to-Height RatioHelps describe your body shape and could warn of health problems.MetabolismThe process in your body that turns calories into energy.Daily Calorie TargetThe net number of calories your body needs to meet your weight goal.Target Heart RateHow fast your heart should beat when you're getting a good workout. Did you find this article helpful? Enter your height and weight to calculate your BMI and body mass index classification. Plus, see the weight ranges for your height to reach a target BMI. Weight ranges for each classification based on your height. BMI ClassificationWeight Range underweight (< 18.5) normal weight (18.5 - 24.9) overweight (25.0 - 29.9) class I obesity (30.0 - 34.9) class II obesity (35.0 - 39.9) class III obesity (40.0) Learn how we calculated this below Add this calculator to your site Cite As: Smith, H. (n.d.). BMI Calculator. Inch Calculator. Retrieved June 24, 2025, from Body mass index, or BMI, is one of the most widely used metrics to measure health status. It is quick and easy to calculate to estimate ones weight status based on their height.BMI FormulaTo calculate your body mass index, you only need to know your current height and weight. The formula for BMI is:BMI = weight [kg]height [m]Imperial UnitsBMI = weight [lb]height [in] 703Or simply use the calculator above and it will do the work for you!Body Mass Index CategoriesOnce you calculate your BMI, you can then see where this falls on a body mass index chart such as the one below.Studies have found that BMI is correlated with body fat and disease risk; therefore, BMI ranges are broken down into categories to estimate your nutritional status.[2]These categories are: underweight, normal weight, overweight, and obese.[3] Obesity can further be broken down into class 1, class 2, and class 3 (or severe) obesity.These ranges for BMI are based on the fact that excess body fat and obesity increases the risk of chronic diseases and premature death.For example, being overweight or obese significantly increase the risk of heart disease, hypertension, and diabetes in both men and women. These diseases all subsequently increase morbidity and premature death.BMI ChartBody mass index weight categories defined by the World Health Organization[1] and the CDC[3]Weight CategoryBMIUnderweight40Is Body Mass Index Accurate?While the BMI formula is a quick way to estimate health status and disease risk, it is not without fault. Since it only takes height and weight into consideration, it is not the perfect model for all individuals.In addition, it does not directly measure body fat. As with all health calculations, it is an estimate and has limitations.[4]For instance, bodybuilders and athletes may have a higher body weight. However, this is due to increased lean muscle mass and not fat mass (or adiposity).Calculating their BMI would give a false impression that they are overweight or obese. Therefore, you have to take into account individual circumstances when using body mass index calculations.The BMI tends to be a better predictor of body fat in individuals with higher levels of BMI. For instance, a person with a BMI above 35 or 40 is more likely obese. These extremely high numbers are less likely due to increased lean muscle mass.How to Calculate BMI for KidsBMI can also be used for young children and adolescents. While the same formula is used, the value is interpreted differently than an adult body mass index.For adults, BMI categories are the same regardless of age or sex. However, in young children and teenagers, its age and sex-specific.This is because body fat norms change with age and also differs between young boys and girls based on hormonal fluctuation.As an example, a 7-year-old boy with a BMI of 20 would fall into the greater than 95th percentile and would be considered obese.However, a 15-year-old boy with a BMI of 20 would fall between the 25th and 50th percentile and would be considered to be a healthy weight. These BMI charts can be accessed through the CDC website (boys[5] and girls[6]).Body mass index for-age growth charts from the CDC take into account these differences and show BMI as a percentile ranking rather than falling into underweight, normal weight, or obese categories. These percentiles are determined using data collected from surveys of children from the U.S. population from 1963-65 to 1988-94.[7]Categories for Children Ages 2-19Body mass index weight categories for children ages 2-19 defined by the CDC[8]Weight CategoryCharting PercentileUnderweight