

**Body Mass Index Risk Levels**  
(for adults)

| <b>Height</b> | <b>Minimal risk<br/>BMI under 25</b> | <b>Moderate risk<br/>BMI 25.0–29.9<br/>“Overweight”</b> | <b>High risk<br/>BMI 30.0 and above<br/>“Obese”</b> |
|---------------|--------------------------------------|---|---|
| 4'10"         | 118 lbs. or less                     | 119–142 lbs.  | 143 lbs. or more                                    |
| 4'11"         | 123 or less                          | 124–147   | 148 or more   |
| 5'0 "         | 127 or less                          | 128–152   | 153 or more   |
| 5'1"          | 131 or less                          | 132–157   | 158 or more   |
| 5'2"          | 135 or less                          | 136–163   | 164 or more   |
| 5'3"          | 140 or less                          | 141–168   | 169 or more   |
| 5'4"          | 144 or less                          | 145–173   | 174 or more   |
| 5'5"          | 149 or less                          | 150–179   | 180 or more   |
| 5'6"          | 154 or less                          | 155–185   | 186 or more   |
| 5'7"          | 158 or less                          | 159–190   | 191 or more   |
| 5'8"          | 163 or less                          | 164–196   | 197 or more   |
| 5'9"          | 168 or less                          | 169–202   | 203 or more   |
| 5'10"         | 173 or less                          | 174–208   | 209 or more   |
| 5'11"         | 178 or less                          | 179–214   | 215 or more   |
| 6'0"          | 183 or less                          | 184–220   | 221 or more   |
| 6'1"          | 188 or less                          | 189–226   | 227 or more   |

(Adapted from *Obesity Education Initiative: Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults*, National Institutes of Health, National Heart, Lung, and Blood Institute, Preprint June 1998) Note to design: reduce to font size 6 or 7.

BMI values less than 18.5 are considered underweight. BMI values from 18.5 to 24.9 are healthy.