

# Body Mass Index (BMI)



To use the table, find the appropriate height in the lefthand column. Move across to a given weight. The number at the top of the column is the body mass index at that height and weight. Pounds have been rounded off.

<b>BMI</b>	30	35	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
<i>Height</i>	<i>Body Weight in Pounds</i>																
4'10" or 58	143	167	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
4'11" or 59	148	173	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
5'0" or 60	153	179	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
5'1" or 61	158	185	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
5'2" or 62	164	191	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
5'3" or 63	169	197	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
5'4" or 64	174	204	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
5'5" or 65	180	210	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
5'6" or 66	186	216	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
5'7" or 67	191	223	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
5'8" or 68	197	230	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
5'9" or 69	203	236	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
5'10" or 70	207	243	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
5'11" or 71	215	250	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
6'0" or 72	221	258	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
6'1" or 73	227	265	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
6'2" or 74	233	272	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
6'3" or 75	240	279	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
6'4" or 76	246	287	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

**OSU Bariatric Surgery Program (614) 293-2888**

**Division of General Surgery (614) 293-3230**

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