



BMI WORKSHEET

Calculation of Adult BMI (20+ years)

$$\text{BMI} = \text{weight (lb)} / [\text{height (in)}]^2 \times 703$$

Calculate BMI by dividing weight in pounds (lbs) by height in inches (in) squared and multiplying by a conversion factor of 703.

Example: Weight = 150 lbs, Height = 5'5" (65")

Calculation: $[150 \div (65)^2] \times 703 = 24.9$

Interpretation of BMI for adults

For adults 20 years old and older, BMI is interpreted using standard weight status categories that are the same for all ages and for both men and women.

BMI	Weight Status	What to Do
Below 18.5	Underweight	Consult a healthcare provider. Low body mass can decrease the immune system and lead to illness.
18.5 – 24.9	Normal	Maintain a normal BMI by exercising and eating healthy.
25.0 – 29.9	Overweight	Find healthy ways to lower weight, including healthy eating and exercise.
30.0 and Above	Obese	A BMI of 30 and above puts you at serious risk for heart disease, diabetes, high blood pressure, gall bladder disease, and some cancers. Talk to a healthcare provider and modify your lifestyle.

Calculation and Interpretation of BMI for Children and Teens (2-19 years)

Although BMI is calculated the same way for all ages, the criteria used to interpret BMI for children and teens are different from those used for adults. For children and teens, the interpretation of BMI is both age- and sex-specific. Age- and sex-specific percentiles are used because the amount of body fat changes with age and because the amount of body fat differs between girls and boys. The Centers for Disease Control and Prevention (CDC) offers a free online child and teen BMI calculator and interpretation at:

<http://apps.nccd.cdc.gov/dnpabmi/>