



What your body mass index (BMI) means to you.

The American Society for Metabolic & Bariatric Surgery defines obesity as a disease in which fat has accumulated to the extent that health is impaired. It is commonly measured by body mass index BMI which calculates the relationship of weight to height. An adult with a BMI of 30 or more is considered obese.¹

Obesity becomes severe obesity when an adult is 100 pounds or more over ideal body weight, has a BMI of 40 or more, or has a BMI of 35 or more in combination with a health-related condition such as obstructive sleep apnea or a disease such as type 2 diabetes or heart disease.²

Use the chart on the back side of this card to help you find your BMI.

Sign up to receive the latest news and information on the disease of obesity and treatment options or look for a surgeon's seminar in your area by visiting

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Body Mass Index (BMI)

Use this chart to find your own BMI

HEIGHT

	5' 0"	5' 2"	5' 4"	5' 6"	5' 8"	5' 10"	6' 0"	6' 2"	6' 4"
120	24	22	21	19	18	17	16	15	15
130	25	24	22	21	20	19	18	17	16
140	27	26	24	23	21	20	19	18	17
150	29	28	26	24	23	22	20	19	18
160	31	29	28	26	24	23	22	21	20
170	33	31	29	28	26	24	23	22	21
180	35	33	31	29	27	26	24	23	22
190	37	35	33	31	29	27	26	24	23
200	39	37	34	32	30	29	27	26	24
210	41	39	36	34	32	30	29	27	26
220	43	40	38	36	34	32	30	28	27
230	45	42	40	37	35	33	31	30	28
240	47	44	41	39	37	35	33	31	29
250	49	46	43	40	38	36	34	32	31
260	51	48	45	42	40	37	35	33	32
270	53	50	46	44	41	39	37	35	33
280	55	51	48	45	43	40	38	36	34
290	57	53	50	47	44	42	39	37	35
300	59	55	52	49	46	43	41	39	37
310	61	57	53	50	47	45	42	40	38
320	63	59	55	52	49	46	44	41	39
330	65	61	57	53	50	47	45	42	40
340	67	62	59	55	52	49	46	44	41
350	69	64	60	57	53	50	48	45	43
360	71	66	62	58	55	52	49	46	44
370	72	68	64	60	56	53	50	48	45
380	74	70	65	62	58	55	52	49	46
390	76	72	67	63	59	56	53	50	48
400	78	73	69	65	61	58	54	51	49
410	80	75	71	66	63	59	56	53	50
420	82	77	72	68	64	60	57	54	51
430	84	79	74	70	66	62	58	55	52
440	86	81	76	71	67	63	60	57	54
450	88	83	77	73	69	65	61	58	55
460	90	84	79	74	70	66	63	59	56
470	92	86	81	76	72	68	64	61	57
480	94	88	83	78	73	69	65	62	59
490	96	90	84	79	75	71	67	63	60
500	98	92	86	81	76	72	68	64	61

- Underweight
BMI: < 18.5
- Healthy Weight
BMI: 18.5 to 24.9
- Overweight
BMI: 25 to 29.9
- Class I Obesity
BMI: 30 to 34.9
- Class II Obesity
BMI: 35 to 39.9
- Class III
Severe Obesity
BMI: >40

Based on information from ASMBS, http://asmbs.org/calculate-your_bmi

References: **1.** American Society for Metabolic & Bariatric Surgery. ASMBS Position Statement: Bariatric Surgery in Class 1 Obesity (BMI 30-35 kg/m²). <http://s3.amazonaws.com/publicASMBS/top5/October2012/ASMBS.Position.Statement.BS.in.Class.1.Obesity.pdf>. Accessed December 4, 2012. **2.** Buchwald H; Consensus conference statement: Bariatric surgery for morbid obesity: health implications for patients, health professionals, and third-party payers. *Surg Obes Relat Dis.* 2005;(1)371-381.

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