

Height, Weight & BMI measurement

	100lb	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250	
	45 kg	48	50	52	54	57	59	61	64	66	68	70	73	75	77	79	82	84	86	89	91	93	95	98	100	102	104	106	109	111	113	
5'0"	152 cm	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49
5'1"	155	19	20	21	22	23	24	25	26	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	43	44	45	46	47
5'2"	157	18	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	37	38	39	40	41	42	43	44	45	46
5'3"	160	18	19	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	35	36	37	38	39	40	41	42	43	43	44
5'4"	163	17	18	19	20	21	21	22	23	24	25	26	27	27	28	29	30	31	32	33	33	34	35	36	37	38	39	39	40	41	42	43
5'5"	165	17	17	18	19	20	21	22	22	23	24	25	26	27	27	28	29	30	31	32	32	33	34	35	36	37	37	38	39	40	41	42
5'6"	168	16	17	18	19	19	20	21	22	23	24	25	26	27	27	28	29	30	31	31	32	33	34	35	36	36	37	38	39	40	41	42
5'7"	170	16	16	17	18	19	20	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	32	33	34	34	35	36	37	38	38	39
5'8"	173	15	16	17	17	18	19	20	21	21	22	23	24	25	26	27	27	28	29	30	30	31	32	33	33	34	35	36	36	37	38	
5'9"	175	15	16	16	17	18	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	32	33	34	35	35	36	37
5'10"	178	14	15	16	17	17	18	19	19	20	21	22	22	23	24	24	25	26	26	27	28	29	29	30	31	32	32	33	34	34	35	36
5'11"	180	14	15	15	16	17	17	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	29	29	30	31	31	32	33	33	34	35
6'0"	183	14	14	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	31	31	32	33	33	34
6'1"	185	13	14	15	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	32	32	33
6'2"	188	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	31	32
6'3"	191	12	13	14	14	15	16	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	27	28	29	29	30	31	31
6'4"	193	12	13	13	14	15	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	24	25	26	26	27	27	28	29	29	30	30

Body Mass Index is a calculation to estimate the proportion of body weight that fat accounts for

It is calculated by:

$$\text{BMI} = \text{Weight (Kg)} / \text{Height (m)}^2$$

Underweight	<17
Ideal	18-25
Overweight	>25
Obese	>30

These ranges should be slightly increased for

The Elderly
& Women

BMI only applies to those of 'Normal build' and does not apply to weightlifters etc

BMI is less accurate in children, but is currently one of the easiest estimates that is used. BMI vs Age centile charts are useful.

Anderson JW, Konz EC. Obesity and disease management: effects of weight loss on comorbid conditions. [Review] [55 refs] *Obesity Research*. 9 Suppl 4:326S-334S, 2001 Nov. Young persons with higher body mass index values have a significantly higher risk for CHD than do slender young people. For every 1% above a desirable body mass index, the risk for CHD increases by 3.3% for women and by 3.6% for men. Every kilogram of weight gain after high school increases risk for CHD by 5.7% for women and 3.1% for men. Weight loss significantly decreases major CHD risk factors. For every kilogram of weight loss the following favorable changes occur: fasting serum cholesterol, -1.0%; low-density lipoprotein cholesterol, -0.7%; triglycerides, -1.9%; high-density lipoprotein cholesterol, +0.2%; systolic blood pressure, -0.5%; diastolic blood pressure, -0.4%; and blood glucose, -0.2 mM

Solomon CG, Manson JE. Obesity and mortality: a review of the epidemiologic data. [Review] [53 refs] *American Journal of Clinical Nutrition*. 66(4 Suppl):1044S-1050S, 1997 Oct. At least one-third of Americans are obese, as defined by body mass indexes corresponding to body weight > or = 120% of ideal body weight, and this figure is rising steadily. Women and nonwhites have particularly high rates of obesity. Obesity greatly increases risks for many serious and morbid conditions, including diabetes mellitus, hypertension, dyslipidemia, coronary artery disease, and some cancers. Obesity is clearly associated with increased risk for mortality, but there has been controversy regarding optimal weight with respect to mortality risk.

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