Body Mass Index (BMI) Conversion and Calculation Guide (Age >20)

The BMI Formula

For awareness: the paper version of 2.0 only uses centimeters and kilograms, so please keep that in mind when entering final measurements on the form. However, included in this guide is information on how to use the BMI formula with both metric and U.S. customary units.

$$BMI = \text{weight (kg)} / [\text{height (m)}]^2$$

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

If you have height in centimeters and weight in kilograms

- Step 1: Convert height from cm to meters
    - i. Height (m) = height (cm) ÷ 100
    - ii. For example: 170 cm → 1.70 m

- Step 2: Square the height in meters
    - i. Height^2 = height (m) x height (m)
    - ii. For example: 1.70 x 1.70 = 2.89

- Step 3: Insert numbers into the BMI formula
    - i. BMI = weight (kg) / [height (m)]^2
    - ii. For example: if weight was 70 kg and height was same as above example
    - iii. BMI = 70 ÷ 2.89
    - iv. BMI = 24.2

If you have height in feet/inches and weight in pounds

- Step 1: Convert height to total inches
    - i. Total inches = (feet x 12) + inches
    - ii. For example: 5 ft 6 in → (5 x 12) + 6 = 66 inches

- Step 2: Square the height
    - i. Height^2 = total inches x total inches
    - ii. For example: 66 x 66 = 4356

- Step 3: Insert numbers into the BMI formula
    - i. BMI = (weight in lb ÷ height^2) x 703
    - ii. For example: if weight was 150 lb and height was same as above example
    - iii. BMI = (150 ÷ 4356) x 703
    - iv. BMI = 24.2

Special Olympics
Health Promotion

Body Mass Index (BMI) Conversion and Calculation Guide (Age >20)

<mark>Unit Conversions (if needed)</mark>

- Convert pounds to kilograms
  i. Kg = lb x 0.4536

- Convert feet/inches to centimeters
  i.   Cm = (feet x 12 + inches) x 2.54
  ii. For example: if height is 5'6''
  iii. Cm = (5 x 12 + 6) x 2.54
  iv. Cm = 167.6 cm

Special Olympics
Health Promotion