

Screening Reference Guide - Body Mass Index (Pediatric, Adolescent and Adult)

Maintaining a healthy weight may reduce the risk of chronic diseases associated with overweight and obesity. An adult who has a BMI of:

- 18.4 or less is considered underweight **referral required**
- 18.5 to <25 is considered normal weight
- 25 to <30 is considered overweight **referral required**
- 30 to <35 is considered obese **referral required**
- 35 or greater is considered morbidly obese **referral required**

Overweight and obesity are both labels for ranges of weight that are greater than what is generally considered healthy for a given height. The terms also identify ranges of weight that have been shown to increase the likelihood of certain diseases and other health problems. For adults, overweight and obesity ranges are determined by using weight and height to calculate a number called the "body mass index" BMI. BMI is used because, for most people, it correlates with their amount of body fat.

Individual risk factors including any of the following may predispose people with intellectual disability to increased body mass index, with concurrent increase risk of some chronic disease including diabetes, heart disease, and some cancers risk. For some, medical and/or lifestyle intervention may help the individual obtain a healthier body weight.

- Excess consumption of empty calorie foods and beverages
- Inadequate physical activity
- Use of some medications that are associated with insulin resistance, increased body fat or impaired appetite.
- Dental disease impeding ability to chew without pain.

BMI Chart (kg/m²) for use with the Weight Management Treatment Algorithm
 A Quick Reference Guide For Primary Care Staff
(See www.icgp.org/weightmanagement or www.hhs.gov for additional online resources)

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Underweight (<18.5 kg/m ²)	Healthy weight (18.5-24.9 kg/m ²)	Overweight (25.0-29.9 kg/m ²)	Obese Class I (30.0-34.9 kg/m ²)	Obese Class II (35.0-39.9 kg/m ²)	Obese Class III (≥ 40 kg/m ²)
100 cm	16.3-20.7	20.7-24.9	25.0-29.9	30.0-34.9	35.0-49.9
105 cm	17.1-21.8	21.8-26.2	30.0-35.0	35.0-40.0	40.0-54.9
110 cm	17.9-22.9	22.9-27.6	30.0-35.0	35.0-40.0	40.0-54.9
115 cm	18.7-24.0	24.0-29.0	30.0-35.0	35.0-40.0	40.0-54.9
120 cm	19.5-25.1	25.1-30.2	30.0-35.0	35.0-40.0	40.0-54.9
125 cm	20.3-26.2	26.2-31.5	30.0-35.0	35.0-40.0	40.0-54.9
130 cm	21.1-27.3	27.3-32.7	30.0-35.0	35.0-40.0	40.0-54.9
135 cm	21.9-28.4	28.4-34.1	30.0-35.0	35.0-40.0	40.0-54.9
140 cm	22.7-29.5	29.5-35.0	30.0-35.0	35.0-40.0	40.0-54.9
145 cm	23.5-30.6	30.6-36.0	30.0-35.0	35.0-40.0	40.0-54.9
150 cm	24.3-31.7	31.7-37.1	30.0-35.0	35.0-40.0	40.0-54.9
155 cm	25.1-32.8	32.8-38.2	30.0-35.0	35.0-40.0	40.0-54.9
160 cm	25.9-33.9	33.9-39.4	30.0-35.0	35.0-40.0	40.0-54.9
165 cm	26.7-35.0	35.0-40.6	30.0-35.0	35.0-40.0	40.0-54.9
170 cm	27.5-36.1	36.1-41.8	30.0-35.0	35.0-40.0	40.0-54.9
175 cm	28.3-37.2	37.2-43.0	30.0-35.0	35.0-40.0	40.0-54.9
180 cm	29.1-38.3	38.3-44.2	30.0-35.0	35.0-40.0	40.0-54.9
185 cm	29.9-39.4	39.4-45.4	30.0-35.0	35.0-40.0	40.0-54.9
190 cm	30.7-40.5	40.5-46.6	30.0-35.0	35.0-40.0	40.0-54.9
195 cm	31.5-41.6	41.6-47.8	30.0-35.0	35.0-40.0	40.0-54.9
200 cm	32.3-42.7	42.7-49.0	30.0-35.0	35.0-40.0	40.0-54.9
205 cm	33.1-43.8	43.8-50.2	30.0-35.0	35.0-40.0	40.0-54.9
210 cm	33.9-44.9	44.9-51.4	30.0-35.0	35.0-40.0	40.0-54.9
215 cm	34.7-46.0	46.0-52.6	30.0-35.0	35.0-40.0	40.0-54.9
220 cm	35.5-47.1	47.1-53.8	30.0-35.0	35.0-40.0	40.0-54.9
225 cm	36.3-48.2	48.2-55.0	30.0-35.0	35.0-40.0	40.0-54.9
230 cm	37.1-49.3	49.3-56.2	30.0-35.0	35.0-40.0	40.0-54.9
235 cm	37.9-50.4	50.4-57.4	30.0-35.0	35.0-40.0	40.0-54.9
240 cm	38.7-51.5	51.5-58.6	30.0-35.0	35.0-40.0	40.0-54.9
245 cm	39.5-52.6	52.6-59.8	30.0-35.0	35.0-40.0	40.0-54.9
250 cm	40.3-53.7	53.7-61.0	30.0-35.0	35.0-40.0	40.0-54.9
255 cm	41.1-54.8	54.8-62.2	30.0-35.0	35.0-40.0	40.0-54.9
260 cm	41.9-55.9	55.9-63.4	30.0-35.0	35.0-40.0	40.0-54.9
265 cm	42.7-57.0	57.0-64.6	30.0-35.0	35.0-40.0	40.0-54.9
270 cm	43.5-58.1	58.1-65.8	30.0-35.0	35.0-40.0	40.0-54.9
275 cm	44.3-59.2	59.2-67.0	30.0-35.0	35.0-40.0	40.0-54.9
280 cm	45.1-60.3	60.3-68.2	30.0-35.0	35.0-40.0	40.0-54.9
285 cm	45.9-61.4	61.4-69.4	30.0-35.0	35.0-40.0	40.0-54.9
290 cm	46.7-62.5	62.5-70.6	30.0-35.0	35.0-40.0	40.0-54.9
295 cm	47.5-63.6	63.6-71.8	30.0-35.0	35.0-40.0	40.0-54.9
300 cm	48.3-64.7	64.7-73.0	30.0-35.0	35.0-40.0	40.0-54.9
305 cm	49.1-65.8	65.8-74.2	30.0-35.0	35.0-40.0	40.0-54.9
310 cm	49.9-66.9	66.9-75.4	30.0-35.0	35.0-40.0	40.0-54.9
315 cm	50.7-68.0	68.0-76.6	30.0-35.0	35.0-40.0	40.0-54.9
320 cm	51.5-69.1	69.1-77.8	30.0-35.0	35.0-40.0	40.0-54.9
325 cm	52.3-70.2	70.2-79.0	30.0-35.0	35.0-40.0	40.0-54.9
330 cm	53.1-71.3	71.3-80.2	30.0-35.0	35.0-40.0	40.0-54.9
335 cm	53.9-72.4	72.4-81.4	30.0-35.0	35.0-40.0	40.0-54.9
340 cm	54.7-73.5	73.5-82.6	30.0-35.0	35.0-40.0	40.0-54.9
345 cm	55.5-74.6	74.6-83.8	30.0-35.0	35.0-40.0	40.0-54.9
350 cm	56.3-75.7	75.7-85.0	30.0-35.0	35.0-40.0	40.0-54.9
355 cm	57.1-76.8	76.8-86.2	30.0-35.0	35.0-40.0	40.0-54.9
360 cm	57.9-77.9	77.9-87.4	30.0-35.0	35.0-40.0	40.0-54.9
365 cm	58.7-79.0	79.0-88.6	30.0-35.0	35.0-40.0	40.0-54.9
370 cm	59.5-80.1	80.1-89.8	30.0-35.0	35.0-40.0	40.0-54.9
375 cm	60.3-81.2	81.2-91.0	30.0-35.0	35.0-40.0	40.0-54.9
380 cm	61.1-82.3	82.3-92.2	30.0-35.0	35.0-40.0	40.0-54.9
385 cm	61.9-83.4	83.4-93.4	30.0-35.0	35.0-40.0	40.0-54.9
390 cm	62.7-84.5	84.5-94.6	30.0-35.0	35.0-40.0	40.0-54.9
395 cm	63.5-85.6	85.6-95.8	30.0-35.0	35.0-40.0	40.0-54.9
400 cm	64.3-86.7	86.7-97.0	30.0-35.0	35.0-40.0	40.0-54.9
405 cm	65.1-87.8	87.8-98.2	30.0-35.0	35.0-40.0	40.0-54.9
410 cm	65.9-88.9	88.9-99.4	30.0-35.0	35.0-40.0	40.0-54.9
415 cm	66.7-90.0	90.0-100.6	30.0-35.0	35.0-40.0	40.0-54.9
420 cm	67.5-91.1	91.1-101.8	30.0-35.0	35.0-40.0	40.0-54.9
425 cm	68.3-92.2	92.2-103.0	30.0-35.0	35.0-40.0	40.0-54.9
430 cm	69.1-93.3	93.3-104.2	30.0-35.0	35.0-40.0	40.0-54.9
435 cm	69.9-94.4	94.4-105.4	30.0-35.0	35.0-40.0	40.0-54.9
440 cm	70.7-95.5	95.5-106.6	30.0-35.0	35.0-40.0	40.0-54.9
445 cm	71.5-96.6	96.6-107.8	30.0-35.0	35.0-40.0	40.0-54.9
450 cm	72.3-97.7	97.7-109.0	30.0-35.0	35.0-40.0	40.0-54.9
455 cm	73.1-98.8	98.8-110.2	30.0-35.0	35.0-40.0	40.0-54.9
460 cm	73.9-99.9	99.9-111.4	30.0-35.0	35.0-40.0	40.0-54.9
465 cm	74.7-101.0	101.0-112.6	30.0-35.0	35.0-40.0	40.0-54.9
470 cm	75.5-102.1	102.1-113.8	30.0-35.0	35.0-40.0	40.0-54.9
475 cm	76.3-103.2	103.2-115.0	30.0-35.0	35.0-40.0	40.0-54.9
480 cm	77.1-104.3	104.3-116.2	30.0-35.0	35.0-40.0	40.0-54.9
485 cm	77.9-105.4	105.4-117.4	30.0-35.0	35.0-40.0	40.0-54.9
490 cm	78.7-106.5	106.5-118.6	30.0-35.0	35.0-40.0	40.0-54.9
495 cm	79.5-107.6	107.6-119.8	30.0-35.0	35.0-40.0	40.0-54.9
500 cm	80.3-108.7	108.7-121.0	30.0-35.0	35.0-40.0	40.0-54.9