

# BMI Chart (Kgs/m<sup>2</sup>) for use with the Weight Management Treatment Algorithm



## A Quick Reference Guide For Primary Care Staff

(See [www.icgp.ie/weightmanagement](http://www.icgp.ie/weightmanagement) or [www.hse.ie](http://www.hse.ie) for additional online resources)

Underweight (<18.5 kgs/m <sup>2</sup> )		Healthy weight (18.5 -24.9 kgs/m <sup>2</sup> )					Overweight (25 - 29.9 kgs/m <sup>2</sup> )					Obese Class I (30 - 34.9 kgs/m <sup>2</sup> )					Obese Class II (35 - 39.9 kgs/m <sup>2</sup> )					Obese Class III (> 40 kgs/m <sup>2</sup> )	
Stone	lbs	4' 10"	4' 11"	5' 0"	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"	5' 6"	5' 7"	5' 8"	5' 9"	5' 10"	5' 11"	6' 0"	6' 1"	6' 2"	6' 3"	kgs			
7St 2lbs	100	20.9	20.2	19.6	18.9	18.3	17.8	17.2	16.7	16.2	15.7	15.2	14.8	14.4	14.0	13.6	13.2	12.9	12.5	45.5 kgs			
7St 7lbs	105	22.0	21.3	20.5	19.9	19.2	18.6	18.1	17.5	17.0	16.5	16.0	15.5	15.1	14.7	14.3	13.9	13.5	13.2	47.7 kgs			
7St 12lbs	110	23.0	22.3	21.5	20.8	20.2	19.5	18.9	18.3	17.8	17.3	16.8	16.3	15.8	15.4	14.9	14.5	14.2	13.8	50 kgs			
8St 3lbs	115	24.1	23.3	22.5	21.8	21.1	20.4	19.8	19.2	18.6	18.0	17.5	17.0	16.5	16.1	15.6	15.2	14.8	14.4	52.3 kgs			
8St 8lbs	120	25.1	24.3	23.5	22.7	22.0	21.3	20.6	20.0	19.4	18.8	18.3	17.8	17.3	16.8	16.3	15.9	15.4	15.0	54.5 kgs			
8St 13lbs	125	26.2	25.3	24.5	23.7	22.9	22.2	21.5	20.8	20.2	19.6	19.0	18.4	18.0	17.5	17.0	16.5	16.1	15.7	56.8 kgs			
9St 4lbs	130	27.2	26.3	25.4	24.6	23.8	23.1	22.4	21.7	21.0	20.4	19.8	19.2	18.7	18.2	17.7	17.2	16.7	16.3	59.1 kgs			
9St 9lbs	135	28.3	27.3	26.4	25.6	24.7	24.0	23.2	22.5	21.8	21.2	20.6	20.0	19.4	18.9	18.3	17.8	17.4	16.9	61.4 kgs			
10St 0lbs	140	29.3	28.3	27.4	26.5	25.7	24.9	24.1	23.3	22.6	22.0	21.3	20.7	20.1	19.6	19.0	18.5	18.0	17.5	63.6 kgs			
10St 5lbs	145	30.4	29.3	28.4	27.5	26.6	25.7	24.9	24.2	23.5	22.8	22.1	21.5	20.8	20.3	19.7	19.2	18.7	18.2	65.9 kgs			
10St 10lbs	150	31.4	30.4	29.4	28.4	27.5	26.6	25.8	25.0	24.3	23.5	22.9	22.2	21.6	21.0	20.4	19.8	19.3	18.8	68.2 kgs			
11St 1lbs	155	32.5	31.4	30.3	29.3	28.4	27.5	26.7	25.8	25.1	24.3	23.6	22.9	22.3	21.7	21.1	20.5	19.9	19.4	70.5 kgs			
11St 6lbs	160	33.5	32.4	31.3	30.3	29.3	28.4	27.5	26.7	25.9	25.1	24.4	23.7	23.0	22.4	21.7	21.2	20.6	20.0	72.7 kgs			
11St 11lbs	165	34.6	33.4	32.3	31.2	30.2	29.3	28.4	27.5	26.7	25.9	25.1	24.4	23.7	23.1	22.4	21.8	21.2	20.7	75 kgs			
12St 2lbs	170	35.6	34.4	33.3	32.2	31.2	30.2	29.2	28.3	27.5	26.7	25.9	25.2	24.4	23.8	23.1	22.5	21.9	21.3	77.3 kgs			
12St 7lbs	175	36.7	35.4	34.2	33.1	32.1	31.1	30.1	29.2	28.3	27.5	26.7	25.9	25.2	24.5	23.8	23.1	22.5	21.9	79.5 kgs			
12St 12lbs	180	37.7	36.4	35.2	34.1	33.0	32.0	31.0	30.0	29.1	28.3	27.4	26.6	25.9	25.2	24.5	23.8	23.2	22.5	81.8 kgs			
13St 3lbs	185	38.7	37.4	36.2	35.0	33.9	32.8	31.8	30.8	29.9	29.0	28.2	27.4	26.6	25.9	25.1	24.5	23.8	23.2	84.1 kgs			
13St 8lbs	190	39.8	38.5	37.2	36.0	34.8	33.7	32.7	31.7	30.7	29.8	28.9	28.1	27.3	26.6	25.8	25.1	24.4	23.8	86.4 kgs			
13St 13lbs	195	40.8	39.5	38.2	36.9	35.7	34.6	33.5	32.5	31.5	30.6	29.7	28.9	28.0	27.3	26.5	25.8	25.1	24.4	88.6 kgs			
14St 4lbs	200	41.9	40.5	39.1	37.9	36.7	35.5	34.4	33.4	32.3	31.4	30.5	29.6	28.8	28.0	27.2	26.4	25.7	25.1	90.9 kgs			
14St 9lbs	205	42.9	41.5	40.1	38.8	37.6	36.4	35.3	34.2	33.2	32.2	31.2	30.3	29.5	28.7	27.9	27.1	26.4	25.7	93.2 kgs			
15St 0lbs	210	44.0	42.5	41.1	39.8	38.5	37.3	36.1	35.0	34.0	33.0	32.0	31.1	30.2	29.4	28.5	27.8	27.0	26.3	95.5 kgs			
15St 5lbs	215	45.0	43.5	42.1	40.7	39.4	38.2	37.0	35.9	34.8	33.7	32.8	31.8	30.9	30.0	29.2	28.4	27.7	26.9	97.7 kgs			
15St 10lbs	220	46.1	44.5	43.1	41.7	40.3	39.1	37.8	36.7	35.6	34.5	33.5	32.6	31.6	30.7	29.9	29.1	28.3	27.6	100 kgs			
16St 1lbs	225	47.1	45.5	44.0	42.6	41.2	39.9	38.7	37.5	36.4	35.3	34.3	33.3	32.4	31.4	30.6	29.7	28.9	28.2	102.3 kgs			
16St 6lbs	230	48.2	46.6	45.0	43.5	42.2	40.8	39.6	38.4	37.2	36.1	35.0	34.0	33.1	32.1	31.3	30.4	29.6	28.8	104.5 kgs			
16St 11lbs	235	49.2	47.6	46.0	44.5	43.1	41.7	40.4	39.2	38.0	36.9	35.8	34.8	33.8	32.8	31.9	31.1	30.2	29.4	106.8 kgs			
17St 2lbs	240	50.3	48.6	47.0	45.4	44.0	42.6	41.3	40.0	38.8	37.7	36.6	35.5	34.5	33.5	32.6	31.7	30.9	30.1	109.1 kgs			
17St 7lbs	245	51.3	49.6	47.9	46.4	44.9	43.5	42.1	40.9	39.6	38.5	37.3	36.3	35.2	34.2	33.3	32.4	31.5	30.7	111.4 kgs			
17St 12lbs	250	52.4	50.6	48.9	47.3	45.8	44.4	43.0	41.7	40.4	39.2	38.1	37.0	35.9	34.9	34.0	33.1	32.2	31.3	113.6 kgs			
18St 3lbs	255	53.4	51.6	49.9	48.3	46.7	45.3	43.9	42.5	41.2	40.0	38.9	37.7	36.7	35.6	34.7	33.7	32.8	31.9	115.9 kgs			
18St 8lbs	260	54.5	52.6	50.9	49.2	47.7	46.2	44.7	43.4	42.1	40.8	39.6	38.5	37.4	36.3	35.3	34.4	33.5	32.6	118.2 kgs			
18St 13lbs	265	55.5	53.6	51.9	50.2	48.6	47.0	45.6	44.2	42.9	41.6	40.4	39.2	38.1	37.0	36.0	35.0	34.1	33.2	120.5 kgs			
19St 4lbs	270	56.5	54.6	52.8	51.1	49.5	47.9	46.4	45.0	43.7	42.4	41.1	40.0	38.8	37.7	36.7	35.7	34.7	33.8	122.7 kgs			
19St 9lbs	275	57.6	55.7	53.8	52.1	50.4	48.8	47.3	45.9	44.5	43.2	41.9	40.7	39.5	38.4	37.4	36.4	35.4	34.4	125 kgs			
20St 0lbs	280	58.6	56.7	54.8	53.0	51.3	49.7	48.2	46.7	45.3	43.9	42.7	41.4	40.3	39.1	38.1	37.0	36.0	35.1	127.3 kgs			
20St 5lbs	285	59.7	57.7	55.8	54.0	52.2	50.6	49.0	47.5	46.1	44.7	43.4	42.2	41.0	39.8	38.7	37.7	36.7	35.7	129.5 kgs			
20St 10lbs	290	60.7	58.7	56.8	54.9	53.2	51.5	49.9	48.4	46.9	45.5	44.2	42.9	41.7	40.5	39.4	38.3	37.3	36.3	131.8 kgs			
21St 1lbs	295	61.8	59.7	57.7	55.9	54.1	52.4	50.7	49.2	47.7	46.3	44.9	43.7	42.4	41.2	40.1	39.0	38.0	36.9	134.1 kgs			
21St 6lbs	300	62.8	60.7	58.7	56.8	55.0	53.3	51.6	50.0	48.5	47.1	45.7	44.4	43.1	41.9	40.8	39.7	38.6	37.6	136.4 kgs			
21St 11lbs	305	63.9	61.7	59.7	57.7	55.9	54.1	52.5	50.9	49.3	47.9	46.5	45.1	43.9	42.6	41.5	40.3	39.2	38.2	138.6 kgs			
22St 2lbs	310	64.9	62.7	60.7	58.7	56.8	55.0	53.3	51.7	50.1	48.7	47.2	45.9	44.6	43.3	42.1	41.0	39.9	38.8	140.9 kgs			
22St 7lbs	315	66.0	63.8	61.6	59.6	57.7	55.9	54.2	52.5	50.9	49.4	48.0	46.6	45.3	44.0	42.8	41.6	40.5	39.5	143.2 kgs			
22St 12lbs	320	67.0	64.8	62.6	60.6	58.7	56.8	55.0	53.4	51.8	50.2	48.8	47.4	46.0	44.7	43.5	42.3	41.2	40.1	145.5 kgs			
23St 3lbs	325	68.1	65.8	63.6	61.5	59.6	57.7	55.9	54.2	52.6	51.0	49.5	48.1	46.7	45.4	44.2	43.0	41.8	40.7	147.7 kgs			
23St 8lbs	330	69.1	66.8	64.6	62.5	60.5	58.6	56.8	55.0	53.4	51.8	50.3	48.8	47.4	46.1	44.8	43.6	42.5	41.3	150 kgs			
23St 13lbs	335	70.2	67.8	65.6	63.4	61.4	59.5	57.6	55.9	54.2	52.6	51.0	49.6	48.2	46.8	45.5	44.3	43.1	42.0	152.3 kgs			
24St 4lbs	340	71.2	68.8	66.5	64.4	62.3	60.4	58.5	56.7	55.0	53.4	51.8	50.3	48.9	47.5	46.2	45.0	43.7	42.6	154.5 kgs			
24St 9lbs	345	72.3	69.8	67.5	65.3	63.2	61.2	59.3	57.5	55.8	54.1	52.6	51.1	49.6	48.2	46.9	45.6	44.4	43.2	156.8 kgs			
25St 0lbs	350	73.3	70.8	68.5	66.3	64.1	62.1	60.2	58.4	56.6	54.9	53.3	51.8	50.3	48.9	47.6	46.3	45.0	43.8	159.1 kgs			
25St 5lbs	355	74.4	71.9	69.5	67.2	65.1	63.0	61.1	59.2	57.4	55.7	54.1	52.5	51.0	49.6	48.2	46.9	45.7	44.5	161.4 kgs			