

Abbreviated Body Mass Index (BMI) Table*

Height	Inches	Weight (lbs) <i>equal to</i> BMI 30
4'10"	58	143
4'11"	59	148
5'0"	60	153
5'1"	61	158
5'2"	62	164
5'3"	63	169
5'4"	64	174
5'5"	65	180
5'6"	66	186
5'7"	67	191
5'8"	68	197
5'9"	69	203
5'10"	70	209
5'11"	71	215
5'12	72	221
6'1"	73	227
6'2"	74	233
6'3"	75	240

Source: Evidence Report of Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, 1998. National Institutes of Health/National Heart, Lung, and Blood Institute (NHLBI). Note: A complete BMI table is available on the NHLBI website: [www.nhlbi.gov/guidelines/obesityob home.htm](http://www.nhlbi.gov/guidelines/obesityob%20home.htm)

*This table may be used to determine parental (male or female) obesity (BMI≥30).