Date Visited 5/7/12

Aim for a Healthy Weight

Home

Assessing Your Weight and Health Risk

Control Your Weight

Eat Right

Be Physically Active

Healthy Weight Tools

Key Recommendations

Healthy Weight Resources for Parents/Families (*We Can!*)

Health Professional Resources

Calculate Your Body Mass Index

Body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women.

- Enter your weight and height using standard or metric measures.
- Select "Compute BMI" and your BMI will appear below.

Español

STANDARD METRIC

Your Height: (feet) (inches)

Your Weight: (pounds)

Compute BMI

Your BMI:

BMI Categories:

- Underweight = <18.5
- Normal weight = 18.5–24.9
- Overweight = 25–29.9
- Obesity = BMI of 30 or greater

The BMI Tables

Aim for a Healthy Weight:

- Limitations of the BMI
- Assessing Your Risk
- Controlling Your Weight
- Recipes

Download the BMI Calculator iPhone App

Note: If this does not work with your browser or for a text alternative to this page, go to our CGI-based BMI Calculator.