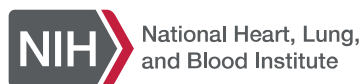


U.S. Department of Health & Human Services



REVIEWED

By Chris Tighe at 12:45 pm, Jul 23, 2018

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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: 24.6	

BMI Categories:

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

[The BMI Tables](#)

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