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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.

Kayshawn 9/24/17

Home

Assessing Your Weight and Health Risk

Control Your Weight

Eat Right

Be Physically Active

Healthy Weight Tools

- BMI Calculator
- Menu Plans
- Portion Distortion

Key Recommendations

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

Health Professional Resources

Español

STANDARD METRIC

Your Height: 5 (feet) 8 (inches)

Your Weight: 165 (pounds)

Compute BMI

Your BMI: 25.1

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 app today (available for [iPhone](#) and [Android](#)).

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