

U.S. Department of Health & Human Services



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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.

S.C. MYRA

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:
(feet) (inches)

Your Weight:
(pounds)

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:](#)

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Download the BMI calculator app today (available for [iPhone](#) and [Android](#)).

Your BMI:

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