

Sizing Up Your Level of Body Fat

Using the Body Mass Index (BMI)

Weight Category	BMI
Normal Weight	18.5 - 24.9
Overweight	25 - 29.9
Obesity	30 - 34.9
Severe Obesity	35 - 39.9
Morbid Obesity	≥40

Weight (lbs.)

Height (ft.)	154	163	176	187	196	209	220	231	243	254	265	276	287	296	309	320
5'0"	33	31	29	27	26	24	23	22	20	19						
5'1"	36	33	31	29	28	26	24	23	22	21						
5'2"	38	36	33	31	29	28	26	25	23	22						
5'3"	40	38	35	33	31	29	28	26	25	24						
5'4"	43	40	37	35	33	31	29	28	26	25						
5'5"	45	42	40	37	35	33	31	29	28	26						
5'6"	48	44	42	39	37	35	33	31	29	28						
5'7"	50	47	44	41	39	36	34	32	31	29						
5'8"	52	49	46	43	40	38	36	34	32	30						
5'9"	55	51	48	45	42	40	38	35	34	32						
5'10"	57	53	50	47	44	42	39	37	35	33						
5'11"	59	56	52	49	46	43	41	39	37	35						
6'0"	62	58	54	51	48	45	42	40	38	36						
6'1"	64	60	56	53	50	47	44	42	39	37						
6'2"	67	62	58	55	51	48	46	43	41	39						
6'3"	69	64	60	57	53	50	47	45	42	40						

Where Do You Fit In?

Terms Used to Describe Various Levels of Body Fat

Normal Weight
(BMI 18.5 to 24.9)



Overweight
(BMI 25 to 29.9)



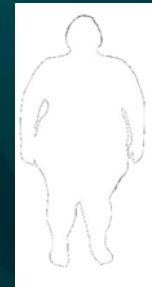
Obese
(BMI 30 to 34.9)



Severely Obese
(BMI 35 to 39.9)



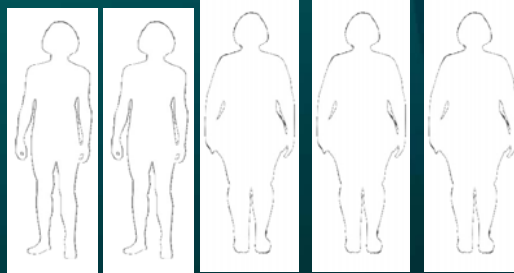
Morbidly Obese
(BMI 40 or more)



The Obesity Epidemic

A Rapidly Expanding Problem

- One in five people in the United States is obese
- Three in five Americans are either overweight or obese
- In the past 20 years, obesity among adults has doubled



Source: *The Surgeon General's Call to Action to Prevent Overweight and Obesity.*