

# Calculating your BMI

## What is a BMI and how is it calculated?

BMI stands for Body Mass Index and is a measurement tool comparing your height to your weight giving you an indication of whether you are overweight, underweight or a healthy weight to your height.

## What are the limitations of BMI?

The clinical limitations of BMI should be considered. BMI is a surrogate measure of body fatness because it is a measure of excess weight rather than excess body fat. Factors such as age, sex, ethnicity, and muscle mass can influence the relationship between BMI and body fat.

## How to calculate BMI?

To calculate your **BMI**, you first have to know your height and weight. Once you've **figured** that out, divide your weight (in pounds) by your height (in inches). Take that answer and divide it by your height again. Now, multiply it by 705, and that's your **BMI**!

## What is a good BMI?

Less than 18 means, means underweight. Less than 18.5 means thin for your height. Between 18.6 and 24.9 means a healthy weight. Between 25 and 29.9 means overweight for your height. 30 or greater indicates obesity.

[https://www.cdc.gov/healthyweight/assessing/bmi/adult\\_bmi/english\\_bmi\\_calculator/bmi\\_calculator.html](https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html)

<https://nccd.cdc.gov/dnpabmi/Calculator.aspx>

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## Adult BMI Calculator

This calculator provides BMI and the corresponding BMI weight status category. Use this calculator for adults, 20 years old and older. For children and teens, 2 through 19 years old, use the [BMI Calculator for Children and Teens](#).

## Adult BMI Calculator

### 1. Height:

- Feet

- Inches

### 2. Weight:

- Pounds

(Note: this calculator uses JavaScript. If you have JavaScript turned off or have problems using the calculator, use the formula for calculating BMI on [About BMI for Adults](#)).

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<b>Measurement Units</b>	<b>Formula and Calculation</b>
<b>Kilograms and meters (or centimeters)</b>	<p>Formula: <math>\text{weight (kg)} / [\text{height (m)}]^2</math></p> <p>With the metric system, the formula for BMI is weight in kilograms divided by height in meters squared. Since height is commonly measured in centimeters, divide height in centimeters by 100 to obtain height in meters.</p> <p>Example: Weight = 68 kg, Height = 165 cm (1.65 m) Calculation: <math>68 \div (1.65)^2 = 24.98</math></p>
<b>Pounds and inches</b>	<p>Formula: <math>\text{weight (lb)} / [\text{height (in)}]^2 \times 703</math></p> <p>Calculate BMI by dividing weight in pounds (lbs) by height in inches (in) squared and multiplying by a conversion factor of 703.</p> <p>Example: Weight = 150 lbs, Height = 5'5" (65") Calculation: <math>[150 \div (65)^2] \times 703 = 24.96</math></p>