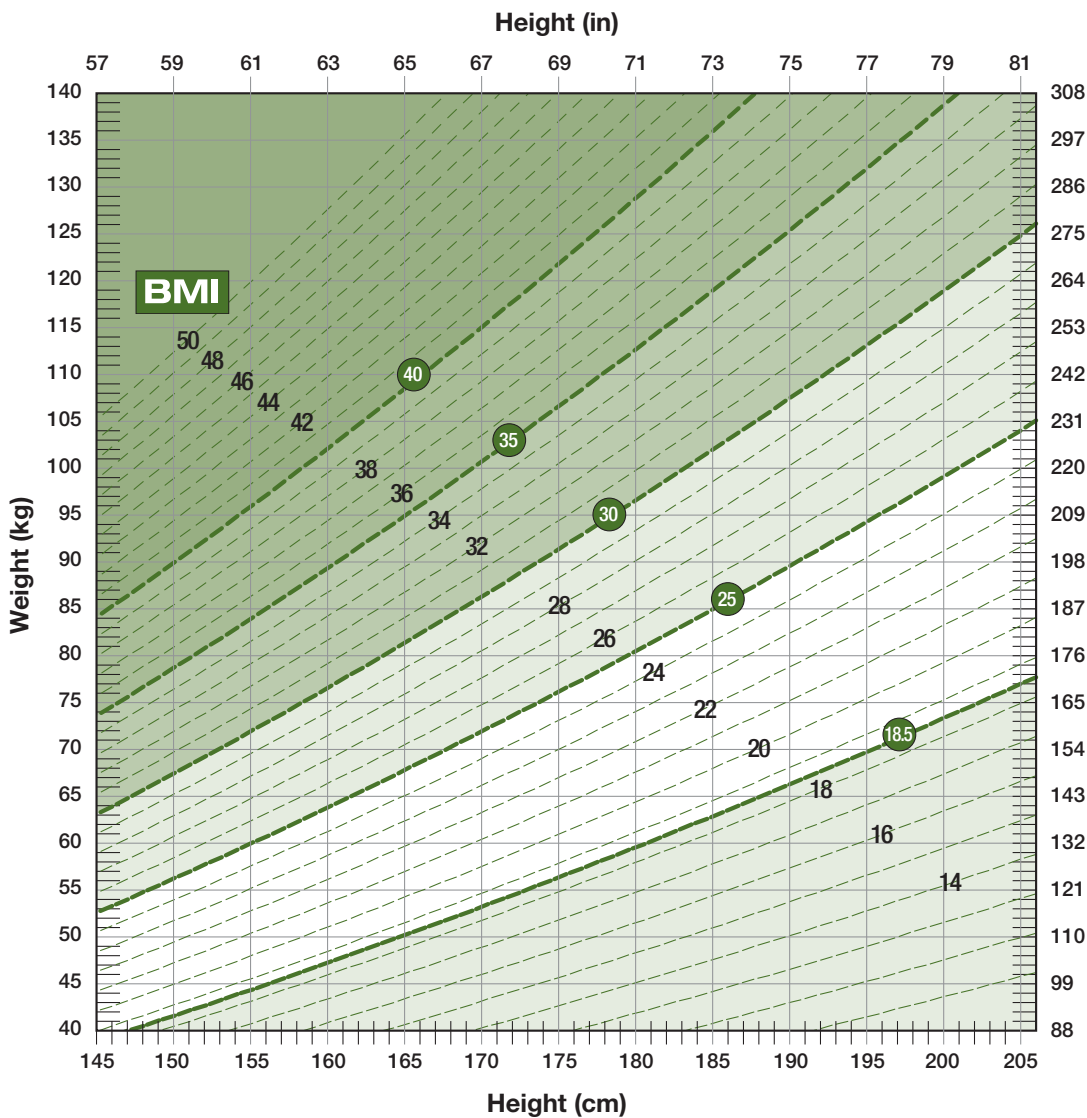
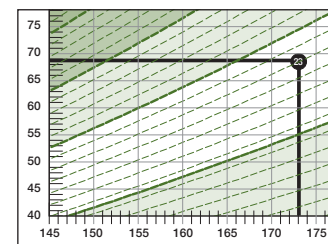


- Body Mass Index (BMI) Nomogram -



For a quick determination of BMI (kg/m²), use a straight-edge to help locate the point on the chart where height (in or cm) and weight (lb or kg) intersect. **Read the number on the dashed line closest to this point.** For example, an individual who weighs 69 kg and is 173 cm tall has a BMI of approximately 23.



Refer to the table below to identify the level of health risk associated with a particular BMI.

BMI Formula

BMI can also be calculated using this formula

$$\text{BMI} = \frac{\text{weight in kilograms}}{(\text{height in metres})^2}$$

Note: 1 inch = 2.54 centimetres and 1 pound = 0.45 kilograms

BMI	Risk of developing health problems
< 18.5	Increased
18.5 – 24.9	Least
25.0 – 29.9	Increased
30.0 – 34.9	High
35.0 – 39.9	Very high
≥ 40.0	Extremely high

Note: For persons 65 years and older the 'normal' range may begin slightly above BMI 18.5 and extend into the 'overweight' range.

Adapted from: WHO (2000) Obesity: Preventing and Managing the Global Epidemic: Report of a WHO Consultation on Obesity.

To clarify risk for each individual, other factors such as lifestyle habits, fitness level, and presence or absence of other health risk conditions also need to be considered.

The full report "Canadian Guidelines for Body Weight Classification in Adults", and other resources are available online at:

www.healthcanada.ca/nutrition