

Are You at a Healthy Weight?

Find the column closest to your weight in pounds. Read down the column until it crosses the row that most closely matches your height in feet and inches. That number is your Body Mass Index. The healthiest BMI range for adults is 18 to 24.

		WEIGHT																															
		100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330								
HEIGHT	5'0"	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	65								
	5'1"	19	21	23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51	53	55	57	59	61	62								
	5'2"	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60								
	5'3"	18	19	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53	55	57	59								
	5'4"	17	19	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55	57								
	5'5"	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55								
	5'6"	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52	53								
	5'7"	16	17	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47	49	50	52								
	5'8"	15	17	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49	50								
	5'9"	15	16	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44	46	47	49								
	5'10"	14	16	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46	47								
	5'11"	14	15	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42	43	45	46								
	6'0"	14	15	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	42	43	45								
	6'1"	13	15	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	44								
	6'2"	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41	42								
	6'3"	13	14	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36	38	39	40	41								
6'4"	12	13	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37	38	39	40									

Underweight
 Healthy Weight
 Overweight
 Obese
 Severely Obese

For a healthy weight, ask us how you can eat smart and move more using these simple steps:

- Prepare more meals at home
- Tame the tube: Watch less TV
- Choose to move more every day
- Right-size your portions
- Enjoy more fruits and veggies
- Re-think your drink: Choose water
- Breastfeed your baby

www.EatSmartMoveMoreNC.com

State of North Carolina • Department of Health and Human Services
Nutrition Services Branch • Physical Activity and Nutrition Branch
www.dhhs.state.nc.us



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