



BMI and BMI-for-Age Look-Up Tables for Children and Adolescents 5–18 Years of Age and BMI Look-Up Tables for Non-Pregnant, Non-Lactating Adults \geq 19 Years of Age

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Exercises to Calculate Nutritional Status of Children and Adolescents 5–18 Years of Age, and Non-Pregnant and Non-Lactating Adults \geq 19 Years Of Age	1
BMI Look-Up Table for Children and Adolescents 5–18 Years of Age (85–114 cm tall)	2
BMI Look-Up Table for Children and Adolescents 5–18 Years of Age (115–144 cm tall)	3
BMI Look-Up Table for Children and Adolescents 5–18 Years of Age (145–175 cm tall)	4
BMI-for-Age Table, Girls 5–18 Years (WHO 2007)	5
BMI-for-Age Table, Boys 5–18 Years (WHO 2007)	6
BMI Look-Up Table for Non-Pregnant, Non-Lactating Adults \geq 19 Years of Age (134–169 cm tall, table 1 of 2)	7
BMI Look-Up Table for Non-Pregnant, Non-Lactating Adults \geq 19 Years of Age (134–169 cm tall, table 2 of 2)	8
BMI Look-Up Table for Non-Pregnant, Non-Lactating Adults \geq 19 Years of Age (170–200 cm tall, table 1 of 2)	9
BMI Look-Up Table for Non-Pregnant, Non-Lactating Adults \geq 19 Years of Age (170–200 cm tall, table 2 of 2)	10

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Exercises to Calculate Nutritional Status of Children and Adolescents 5–18 Years of Age, and Non-Pregnant and Non-Lactating Adults ≥ 19 Years of Age	BMI Look-Up Table for Children and Adolescents	BMI-for-Age Table	BMI Look-Up Table for Non-Pregnant, Non-Lactating Adults
<p>CHILD: Sara is 6 years and 2 months old and 1.11 meters (m) tall. She weighs 18.8 kilograms (kg).</p> <ol style="list-style-type: none"> 1. Calculate Sara’s BMI using the BMI Look-Up Table for Children and Adolescents 5–18 Years of Age (85–114 cm tall). <ol style="list-style-type: none"> a. Find Sara’s weight in the horizontal column at the bottom (round 18.8 kg to the nearest whole number, or 19 kg). b. Find Sara’s height in the vertical column on the left (1 m = 100 centimeters (cm), so Sara is 111 cm tall). c. The two lines cross at 15.4 kg/m², which is Sara’s BMI. 2. Calculate Sara’s BMI-for-Age using the BMI-for-Age Table, Girls 5-18 Years (WHO 2007). <ol style="list-style-type: none"> a. Round off 6 years and 2 months to the nearest 6 months (6:0). b. Find the row corresponding to 6:0 years in the Age column. c. Trace your finger straight across from left to right to find 15.4. d. Because 15.4 falls in the range of 13.9–16.9, Sara has normal nutritional status. 	✓	✓	
<p>ADOLESCENT: Ernest is 17 years and 3 months old and 1.60 m tall. He weighs 43.2 kg.</p> <ol style="list-style-type: none"> 1. Calculate Ernest’s BMI using the BMI Look-Up Table for Children and Adolescents 5–18 Years of Age (145–175 cm tall). <ol style="list-style-type: none"> a. Find Ernest’s weight in the horizontal column at the bottom (round 43.2 kg to the nearest whole number, or 43 kg). b. Find Ernest’s height in the vertical column on the left (1 m = 100 cm, so Ernest is 160 cm tall). c. The two lines cross at 16.8 kg/m², which is Ernest’s BMI. 2. Calculate Ernest’s BMI-for-Age using the BMI-for-Age Table, Boys 5-18 Years (WHO 2007). <ol style="list-style-type: none"> a. Round off 17 years and 3 months to the nearest 6 months (17:0). b. Find the row corresponding to 17:0 years in the Age column. c. Trace your finger straight across from left to right to find 16.8. d. Because 16.8 falls in the range of 15.4–16.8, Ernest has moderate malnutrition. 	✓	✓	
<p>ADULT: Paul is 34 years old and 1.80 m tall. He weighs 51.1 kg.</p> <ol style="list-style-type: none"> a. Calculate Paul’s BMI using the BMI Look-Up Table for Non-Pregnant, Non-Lactating Adults ≥ 19 Years of Age (170–200 cm tall). b. Find Paul’s weight in the horizontal column at the bottom (round 51.1 kg to the nearest whole number, or 51 kg). c. Find Paul’s height in the vertical column on the left (1 m = 100 cm, so Paul is 180 cm tall). d. The two lines cross at 15.7 kg/m², which is Paul’s BMI. e. Because 15.7 is less than 16.0, Paul has severe malnutrition. 			✓

BMI Look-Up Table for Children and Adolescents 5–18 Years of Age (85–114 cm tall)

Height (cm)	Children and adolescents 85–114 cm tall																																				
	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37									
114	7.7	8.5	9.2	10.0	10.8	11.5	12.3	13.1	13.9	14.6	15.4	16.2	16.9	17.7	18.5	19.2	20.0	20.8	21.5	22.3	23.1	23.9	24.6	25.4	26.2	26.9	27.7	28.5									
113	7.8	8.6	9.4	10.2	11.0	11.7	12.5	13.3	14.1	14.9	15.7	16.4	17.2	18.0	18.8	19.6	20.4	21.1	21.9	22.7	23.5	24.3	25.1	25.8	26.6	27.4	28.2	29.0									
112	8.0	8.8	9.6	10.4	11.2	12.0	12.8	13.6	14.3	15.1	15.9	16.7	17.5	18.3	19.1	19.9	20.7	21.5	22.3	23.1	23.9	24.7	25.5	26.3	27.1	27.9	28.7	29.5									
111	8.1	8.9	9.7	10.6	11.4	12.2	13.0	13.8	14.6	15.4	16.2	17.0	17.9	18.7	19.5	20.3	21.1	21.9	22.7	23.5	24.3	25.2	26.0	26.8	27.6	28.4	29.2	30.0									
110	8.3	9.1	9.9	10.7	11.6	12.4	13.2	14.0	14.9	15.7	16.5	17.4	18.2	19.0	19.8	20.7	21.5	22.3	23.1	24.0	24.8	25.6	26.4	27.3	28.1	28.9	29.8	30.6									
109	8.4	9.3	10.1	10.9	11.8	12.6	13.5	14.3	15.2	16.0	16.8	17.7	18.5	19.4	20.2	21.0	21.9	22.7	23.6	24.4	25.3	26.1	26.9	27.8	28.6	29.5	30.3	31.1									
108	8.6	9.4	10.3	11.1	12.0	12.9	13.7	14.6	15.4	16.3	17.1	18.0	18.9	19.7	20.6	21.4	22.3	23.1	24.0	24.9	25.7	26.6	27.4	28.3	29.1	30.0	30.9	31.7									
107	8.7	9.6	10.5	11.4	12.2	13.1	14.0	14.8	15.7	16.6	17.5	18.3	19.2	20.1	21.0	21.8	22.7	23.6	24.5	25.3	26.2	27.1	28.0	28.8	29.7	30.6	31.4	32.3									
106	8.9	9.8	10.7	11.6	12.5	13.3	14.2	15.1	16.0	16.9	17.8	18.7	19.6	20.5	21.4	22.2	23.1	24.0	24.9	25.8	26.7	27.6	28.5	29.4	30.3	31.1	32.0	32.9									
105	9.1	10.0	10.9	11.8	12.7	13.6	14.5	15.4	16.3	17.2	18.1	19.0	20.0	20.9	21.8	22.7	23.6	24.5	25.4	26.3	27.2	28.1	29.0	29.9	30.8	31.7	32.7	33.6									
104	9.2	10.2	11.1	12.0	12.9	13.9	14.8	15.7	16.6	17.6	18.5	19.4	20.3	21.3	22.2	23.1	24.0	25.0	25.9	26.8	27.7	28.7	29.6	30.5	31.4	32.4	33.3	34.2									
103	9.4	10.4	11.3	12.3	13.2	14.1	15.1	16.0	17.0	17.9	18.9	19.8	20.7	21.7	22.6	23.6	24.5	25.5	26.4	27.3	28.3	29.2	30.2	31.1	32.0	33.0	33.9	34.9									
102	9.6	10.6	11.5	12.5	13.5	14.4	15.4	16.3	17.3	18.3	19.2	20.2	21.1	22.1	23.1	24.0	25.0	26.0	26.9	27.9	28.8	29.8	30.8	31.7	32.7	33.6	34.6	35.6									
101	9.8	10.8	11.8	12.7	13.7	14.7	15.7	16.7	17.6	18.6	19.6	20.6	21.6	22.5	23.5	24.5	25.5	26.5	27.4	28.4	29.4	30.4	31.4	32.3	33.3	34.3	35.3	36.3									
100	10.0	11.0	12.0	13.0	14.0	15.0	16.0	17.0	18.0	19.0	20.0	21.0	22.0	23.0	24.0	25.0	26.0	27.0	28.0	29.0	30.0	31.0	32.0	33.0	34.0	35.0	36.0	37.0									
99	10.2	11.2	12.2	13.3	14.3	15.3	16.3	17.3	18.4	19.4	20.4	21.4	22.4	23.5	24.5	25.5	26.5	27.5	28.6	29.6	30.6	31.6	32.6	33.7	34.7	35.7	36.7	37.8									
98	10.4	11.5	12.5	13.5	14.6	15.6	16.7	17.7	18.7	19.8	20.8	21.9	22.9	23.9	25.0	26.0	27.1	28.1	29.2	30.2	31.2	32.3	33.3	34.4	35.4	36.4	37.5	38.5									
97	10.6	11.7	12.8	13.8	14.9	15.9	17.0	18.1	19.1	20.2	21.3	22.3	23.4	24.4	25.5	26.6	27.6	28.7	29.8	30.8	31.9	32.9	34.0	35.1	36.1	37.2	38.3	39.3									
96	10.9	11.9	13.0	14.1	15.2	16.3	17.4	18.4	19.5	20.6	21.7	22.8	23.9	25.0	26.0	27.1	28.2	29.3	30.4	31.5	32.6	33.6	34.7	35.8	36.9	38.0	39.1	40.1									
95	11.1	12.2	13.3	14.4	15.5	16.6	17.7	18.8	19.9	21.1	22.2	23.3	24.4	25.5	26.6	27.7	28.8	29.9	31.0	32.1	33.2	34.3	35.5	36.6	37.7	38.8	39.9	41.0									
94	11.3	12.4	13.6	14.7	15.8	17.0	18.1	19.2	20.4	21.5	22.6	23.8	24.9	26.0	27.2	28.3	29.4	30.6	31.7	32.8	34.0	35.1	36.2	37.3	38.5	39.6	40.7	41.9									
93	11.6	12.7	13.9	15.0	16.2	17.3	18.5	19.7	20.8	22.0	23.1	24.3	25.4	26.6	27.7	28.9	30.1	31.2	32.4	33.5	34.7	35.8	37.0	38.2	39.3	40.5	41.6	42.8									
92	11.8	13.0	14.2	15.4	16.5	17.7	18.9	20.1	21.3	22.4	23.6	24.8	26.0	27.2	28.4	29.5	30.7	31.9	33.1	34.3	35.4	36.6	37.8	39.0	40.2	41.4	42.5	43.7									
91	12.1	13.3	14.5	15.7	16.9	18.1	19.3	20.5	21.7	22.9	24.2	25.4	26.6	27.8	29.0	30.2	31.4	32.6	33.8	35.0	36.2	37.4	38.6	39.9	41.1	42.3	43.5	44.7									
90	12.3	13.6	14.8	16.0	17.3	18.5	19.8	21.0	22.2	23.5	24.7	25.9	27.2	28.4	29.6	30.9	32.1	33.3	34.6	35.8	37.0	38.3	39.5	40.7	42.0	43.2	44.4	45.7									
89	12.6	13.9	15.1	16.4	17.7	18.9	20.2	21.5	22.7	24.0	25.2	26.5	27.8	29.0	30.3	31.6	32.8	34.1	35.3	36.6	37.9	39.1	40.4	41.7	42.9	44.2	45.4	46.7									
88	12.9	14.2	15.5	16.8	18.1	19.4	20.7	22.0	23.2	24.5	25.8	27.1	28.4	29.7	31.0	32.3	33.6	34.9	36.2	37.4	38.7	40.0	41.3	42.6	43.9	45.2	46.5	47.8									
87	13.2	14.5	15.9	17.2	18.5	19.8	21.1	22.5	23.8	25.1	26.4	27.7	29.1	30.4	31.7	33.0	34.4	35.7	37.0	38.3	39.6	41.0	42.3	43.6	44.9	46.2	47.6	48.9									
86	13.5	14.9	16.2	17.6	18.9	20.3	21.6	23.0	24.3	25.7	27.0	28.4	29.7	31.1	32.4	33.8	35.2	36.5	37.9	39.2	40.6	41.9	43.3	44.6	46.0	47.3	48.7	50.0									
85	13.8	15.2	16.6	18.0	19.4	20.8	22.1	23.5	24.9	26.3	27.7	29.1	30.4	31.8	33.2	34.6	36.0	37.4	38.8	40.1	41.5	42.9	44.3	45.7	47.1	48.4	49.8	51.2									
Weight (kg)	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37									

BMI Look-Up Table for Children and Adolescents 5–18 years of Age (115–144 cm tall)

Height (cm)	Children and adolescents 115–144 cm tall																																
	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44
144	5.8	6.3	6.8	7.2	7.7	8.2	8.7	9.2	9.6	10.1	10.6	11.1	11.6	12.1	12.5	13.0	13.5	14.0	14.5	14.9	15.4	15.9	16.4	16.9	17.4	17.8	18.3	18.8	19.3	19.8	20.3	20.7	21.2
143	5.9	6.4	6.8	7.3	7.8	8.3	8.8	9.3	9.8	10.3	10.8	11.2	11.7	12.2	12.7	13.2	13.7	14.2	14.7	15.2	15.6	16.1	16.6	17.1	17.6	18.1	18.6	19.1	19.6	20.0	20.5	21.0	21.5
142	6.0	6.4	6.9	7.4	7.9	8.4	8.9	9.4	9.9	10.4	10.9	11.4	11.9	12.4	12.9	13.4	13.9	14.4	14.9	15.4	15.9	16.4	16.9	17.4	17.9	18.3	18.8	19.3	19.8	20.3	20.8	21.3	21.8
141	6.0	6.5	7.0	7.5	8.0	8.6	9.1	9.6	10.1	10.6	11.1	11.6	12.1	12.6	13.1	13.6	14.1	14.6	15.1	15.6	16.1	16.6	17.1	17.6	18.1	18.6	19.1	19.6	20.1	20.6	21.1	21.6	22.1
140	6.1	6.6	7.1	7.7	8.2	8.7	9.2	9.7	10.2	10.7	11.2	11.7	12.2	12.8	13.3	13.8	14.3	14.8	15.3	15.8	16.3	16.8	17.3	17.9	18.4	18.9	19.4	19.9	20.4	20.9	21.4	21.9	22.4
139	6.2	6.7	7.2	7.8	8.3	8.8	9.3	9.8	10.4	10.9	11.4	11.9	12.4	12.9	13.5	14.0	14.5	15.0	15.5	16.0	16.6	17.1	17.6	18.1	18.6	19.2	19.7	20.2	20.7	21.2	21.7	22.3	22.8
138	6.3	6.8	7.4	7.9	8.4	8.9	9.5	10.0	10.5	11.0	11.6	12.1	12.6	13.1	13.7	14.2	14.7	15.2	15.8	16.3	16.8	17.3	17.9	18.4	18.9	19.4	20.0	20.5	21.0	21.5	22.1	22.6	23.1
137	6.4	6.9	7.5	8.0	8.5	9.1	9.6	10.1	10.7	11.2	11.7	12.3	12.8	13.3	13.9	14.4	14.9	15.5	16.0	16.5	17.0	17.6	18.1	18.6	19.2	19.7	20.2	20.8	21.3	21.8	22.4	22.9	23.4
136	6.5	7.0	7.6	8.1	8.7	9.2	9.7	10.3	10.8	11.4	11.9	12.4	13.0	13.5	14.1	14.6	15.1	15.7	16.2	16.8	17.3	17.8	18.4	18.9	19.5	20.0	20.5	21.1	21.6	22.2	22.7	23.2	23.8
135	6.6	7.1	7.7	8.2	8.8	9.3	9.9	10.4	11.0	11.5	12.1	12.6	13.2	13.7	14.3	14.8	15.4	15.9	16.5	17.0	17.6	18.1	18.7	19.2	19.8	20.3	20.9	21.4	21.9	22.5	23.0	23.6	24.1
134	6.7	7.2	7.8	8.4	8.9	9.5	10.0	10.6	11.1	11.7	12.3	12.8	13.4	13.9	14.5	15.0	15.6	16.2	16.7	17.3	17.8	18.4	18.9	19.5	20.0	20.6	21.2	21.7	22.3	22.8	23.4	23.9	24.5
133	6.8	7.3	7.9	8.5	9.0	9.6	10.2	10.7	11.3	11.9	12.4	13.0	13.6	14.1	14.7	15.3	15.8	16.4	17.0	17.5	18.1	18.7	19.2	19.8	20.4	20.9	21.5	22.0	22.6	23.2	23.7	24.3	24.9
132	6.9	7.5	8.0	8.6	9.2	9.8	10.3	10.9	11.5	12.1	12.6	13.2	13.8	14.3	14.9	15.5	16.1	16.6	17.2	17.8	18.4	18.9	19.5	20.1	20.7	21.2	21.8	22.4	23.0	23.5	24.1	24.7	25.3
131	7.0	7.6	8.2	8.7	9.3	9.9	10.5	11.1	11.7	12.2	12.8	13.4	14.0	14.6	15.2	15.7	16.3	16.9	17.5	18.1	18.6	19.2	19.8	20.4	21.0	21.6	22.1	22.7	23.3	23.9	24.5	25.1	25.6
130	7.1	7.7	8.3	8.9	9.5	10.1	10.7	11.2	11.8	12.4	13.0	13.6	14.2	14.8	15.4	16.0	16.6	17.2	17.8	18.3	18.9	19.5	20.1	20.7	21.3	21.9	22.5	23.1	23.7	24.3	24.9	25.4	26.0
129	7.2	7.8	8.4	9.0	9.6	10.2	10.8	11.4	12.0	12.6	13.2	13.8	14.4	15.0	15.6	16.2	16.8	17.4	18.0	18.6	19.2	19.8	20.4	21.0	21.6	22.2	22.8	23.4	24.0	24.6	25.2	25.8	26.4
128	7.3	7.9	8.5	9.2	9.8	10.4	11.0	11.6	12.2	12.8	13.4	14.0	14.6	15.3	15.9	16.5	17.1	17.7	18.3	18.9	19.5	20.1	20.8	21.4	22.0	22.6	23.2	23.8	24.4	25.0	25.6	26.2	26.9
127	7.4	8.1	8.7	9.3	9.9	10.5	11.2	11.8	12.4	13.0	13.6	14.3	14.9	15.5	16.1	16.7	17.4	18.0	18.6	19.2	19.8	20.5	21.1	21.7	22.3	22.9	23.6	24.2	24.8	25.4	26.0	26.7	27.3
126	7.6	8.2	8.8	9.4	10.1	10.7	11.3	12.0	12.6	13.2	13.9	14.5	15.1	15.7	16.4	17.0	17.6	18.3	18.9	19.5	20.2	20.8	21.4	22.0	22.7	23.3	23.9	24.6	25.2	25.8	26.5	27.1	27.7
125	7.7	8.3	9.0	9.6	10.2	10.9	11.5	12.2	12.8	13.4	14.1	14.7	15.4	16.0	16.6	17.3	17.9	18.6	19.2	19.8	20.5	21.1	21.8	22.4	23.0	23.7	24.3	25.0	25.6	26.2	26.9	27.5	28.2
124	7.8	8.5	9.1	9.8	10.4	11.1	11.7	12.4	13.0	13.7	14.3	15.0	15.6	16.3	16.9	17.6	18.2	18.9	19.5	20.2	20.8	21.5	22.1	22.8	23.4	24.1	24.7	25.4	26.0	26.7	27.3	28.0	28.6
123	7.9	8.6	9.3	9.9	10.6	11.2	11.9	12.6	13.2	13.9	14.5	15.2	15.9	16.5	17.2	17.8	18.5	19.2	19.8	20.5	21.2	21.8	22.5	23.1	23.8	24.5	25.1	25.8	26.4	27.1	27.8	28.4	29.1
122	8.1	8.7	9.4	10.1	10.7	11.4	12.1	12.8	13.4	14.1	14.8	15.5	16.1	16.8	17.5	18.1	18.8	19.5	20.2	20.8	21.5	22.2	22.8	23.5	24.2	24.9	25.5	26.2	26.9	27.5	28.2	28.9	29.6
121	8.2	8.9	9.6	10.2	10.9	11.6	12.3	13.0	13.7	14.3	15.0	15.7	16.4	17.1	17.8	18.4	19.1	19.8	20.5	21.2	21.9	22.5	23.2	23.9	24.6	25.3	26.0	26.6	27.3	28.0	28.7	29.4	30.1
120	8.3	9.0	9.7	10.4	11.1	11.8	12.5	13.2	13.9	14.6	15.3	16.0	16.7	17.4	18.1	18.8	19.4	20.1	20.8	21.5	22.2	22.9	23.6	24.3	25.0	25.7	26.4	27.1	27.8	28.5	29.2	29.9	30.6
119	8.5	9.2	9.9	10.6	11.3	12.0	12.7	13.4	14.1	14.8	15.5	16.2	16.9	17.7	18.4	19.1	19.8	20.5	21.2	21.9	22.6	23.3	24.0	24.7	25.4	26.1	26.8	27.5	28.2	29.0	29.7	30.4	31.1
118	8.6	9.3	10.1	10.8	11.5	12.2	12.9	13.6	14.4	15.1	15.8	16.5	17.2	18.0	18.7	19.4	20.1	20.8	21.5	22.3	23.0	23.7	24.4	25.1	25.9	26.6	27.3	28.0	28.7	29.4	30.2	30.9	31.6
117	8.8	9.5	10.2	11.0	11.7	12.4	13.1	13.9	14.6	15.3	16.1	16.8	17.5	18.3	19.0	19.7	20.5	21.2	21.9	22.6	23.4	24.1	24.8	25.6	26.3	27.0	27.8	28.5	29.2	30.0	30.7	31.4	32.1
116	8.9	9.7	10.4	11.1	11.9	12.6	13.4	14.1	14.9	15.6	16.3	17.1	17.8	18.6	19.3	20.1	20.8	21.6	22.3	23.0	23.8	24.5	25.3	26.0	26.8	27.5	28.2	29.0	29.7	30.5	31.2	32.0	32.7
115	9.1	9.8	10.6	11.3	12.1	12.9	13.6	14.4	15.1	15.9	16.6	17.4	18.1	18.9	19.7	20.4	21.2	21.9	22.7	23.4	24.2	25.0	25.7	26.5	27.2	28.0	28.7	29.5	30.2	31.0	31.8	32.5	33.3
Weight (kg)	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44

BMI Look-Up Table for Children and Adolescents 5–18 Years of Age (145–175 cm tall)

Height (cm)	Children and adolescents 145–175 cm tall																																	
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
175	6.2	6.5	6.9	7.2	7.5	7.8	8.2	8.5	8.8	9.1	9.5	9.8	10.1	10.4	10.8	11.1	11.4	11.8	12.1	12.4	12.7	13.1	13.4	13.7	14.0	14.4	14.7	15.0	15.3	15.7	16.0	16.3	16.7	17.0
174	6.3	6.6	6.9	7.3	7.6	7.9	8.3	8.6	8.9	9.2	9.6	9.9	10.2	10.6	10.9	11.2	11.6	11.9	12.2	12.6	12.9	13.2	13.5	13.9	14.2	14.5	14.9	15.2	15.5	15.9	16.2	16.5	16.8	17.2
173	6.3	6.7	7.0	7.4	7.7	8.0	8.4	8.7	9.0	9.4	9.7	10.0	10.4	10.7	11.0	11.4	11.7	12.0	12.4	12.7	13.0	13.4	13.7	14.0	14.4	14.7	15.0	15.4	15.7	16.0	16.4	16.7	17.0	17.4
172	6.4	6.8	7.1	7.4	7.8	8.1	8.5	8.8	9.1	9.5	9.8	10.1	10.5	10.8	11.2	11.5	11.8	12.2	12.5	12.8	13.2	13.5	13.9	14.2	14.5	14.9	15.2	15.5	15.9	16.2	16.6	16.9	17.2	17.6
171	6.5	6.8	7.2	7.5	7.9	8.2	8.5	8.9	9.2	9.6	9.9	10.3	10.6	10.9	11.3	11.6	12.0	12.3	12.7	13.0	13.3	13.7	14.0	14.4	14.7	15.0	15.4	15.7	16.1	16.4	16.8	17.1	17.4	17.8
170	6.6	6.9	7.3	7.6	8.0	8.3	8.7	9.0	9.3	9.7	10.0	10.4	10.7	11.1	11.4	11.8	12.1	12.5	12.8	13.1	13.5	13.8	14.2	14.5	14.9	15.2	15.6	15.9	16.3	16.6	17.0	17.3	17.6	18.0
169	6.7	7.0	7.4	7.7	8.1	8.4	8.8	9.1	9.5	9.8	10.2	10.5	10.9	11.2	11.6	11.9	12.3	12.6	13.0	13.3	13.7	14.0	14.4	14.7	15.1	15.4	15.8	16.1	16.5	16.8	17.2	17.5	17.9	18.2
168	6.7	7.1	7.4	7.8	8.1	8.5	8.9	9.2	9.6	9.9	10.3	10.6	11.0	11.3	11.7	12.0	12.4	12.8	13.1	13.5	13.8	14.2	14.5	14.9	15.2	15.6	15.9	16.3	16.7	17.0	17.4	17.7	18.1	18.4
167	6.8	7.2	7.5	7.9	8.2	8.6	9.0	9.3	9.7	10.0	10.4	10.8	11.1	11.5	11.8	12.2	12.5	12.9	13.3	13.6	14.0	14.3	14.7	15.1	15.4	15.8	16.1	16.5	16.9	17.2	17.6	17.9	18.3	18.6
166	6.9	7.3	7.6	8.0	8.3	8.7	9.1	9.4	9.8	10.2	10.5	10.9	11.2	11.6	12.0	12.3	12.7	13.1	13.4	13.8	14.2	14.5	14.9	15.2	15.6	16.0	16.3	16.7	17.1	17.4	17.8	18.1	18.5	18.9
165	7.0	7.3	7.7	8.1	8.4	8.8	9.2	9.6	9.9	10.3	10.7	11.0	11.4	11.8	12.1	12.5	12.9	13.2	13.6	14.0	14.3	14.7	15.1	15.4	15.8	16.2	16.5	16.9	17.3	17.6	18.0	18.4	18.7	19.1
164	7.1	7.4	7.8	8.2	8.6	8.9	9.3	9.7	10.0	10.4	10.8	11.2	11.5	11.9	12.3	12.6	13.0	13.4	13.8	14.1	14.5	14.9	15.2	15.6	16.0	16.4	16.7	17.1	17.5	17.8	18.2	18.6	19.0	19.3
163	7.2	7.5	7.9	8.3	8.7	9.0	9.4	9.8	10.2	10.5	10.9	11.3	11.7	12.0	12.4	12.8	13.2	13.5	13.9	14.3	14.7	15.1	15.4	15.8	16.2	16.6	16.9	17.3	17.7	18.1	18.4	18.8	19.2	19.6
162	7.2	7.6	8.0	8.4	8.8	9.1	9.5	9.9	10.3	10.7	11.1	11.4	11.8	12.2	12.6	13.0	13.3	13.7	14.1	14.5	14.9	15.2	15.6	16.0	16.4	16.8	17.1	17.5	17.9	18.3	18.7	19.1	19.4	19.8
161	7.3	7.7	8.1	8.5	8.9	9.3	9.6	10.0	10.4	10.8	11.2	11.6	12.0	12.3	12.7	13.1	13.5	13.9	14.3	14.7	15.0	15.4	15.8	16.2	16.6	17.0	17.4	17.7	18.1	18.5	18.9	19.3	19.7	20.1
160	7.4	7.8	8.2	8.6	9.0	9.4	9.8	10.2	10.5	10.9	11.3	11.7	12.1	12.5	12.9	13.3	13.7	14.1	14.5	14.8	15.2	15.6	16.0	16.4	16.8	17.2	17.6	18.0	18.4	18.8	19.1	19.5	19.9	20.3
159	7.5	7.9	8.3	8.7	9.1	9.5	9.9	10.3	10.7	11.1	11.5	11.9	12.3	12.7	13.1	13.4	13.8	14.2	14.6	15.0	15.4	15.8	16.2	16.6	17.0	17.4	17.8	18.2	18.6	19.0	19.4	19.8	20.2	20.6
158	7.6	8.0	8.4	8.8	9.2	9.6	10.0	10.4	10.8	11.2	11.6	12.0	12.4	12.8	13.2	13.6	14.0	14.4	14.8	15.2	15.6	16.0	16.4	16.8	17.2	17.6	18.0	18.4	18.8	19.2	19.6	20.0	20.4	20.8
157	7.7	8.1	8.5	8.9	9.3	9.7	10.1	10.5	11.0	11.4	11.8	12.2	12.6	13.0	13.4	13.8	14.2	14.6	15.0	15.4	15.8	16.2	16.6	17.0	17.4	17.9	18.3	18.7	19.1	19.5	19.9	20.3	20.7	21.1
156	7.8	8.2	8.6	9.0	9.5	9.9	10.3	10.7	11.1	11.5	11.9	12.3	12.7	13.1	13.6	14.0	14.4	14.8	15.2	15.6	16.0	16.4	16.8	17.3	17.7	18.1	18.5	18.9	19.3	19.7	20.1	20.5	21.0	21.4
155	7.9	8.3	8.7	9.2	9.6	10.0	10.4	10.8	11.2	11.7	12.1	12.5	12.9	13.3	13.7	14.2	14.6	15.0	15.4	15.8	16.2	16.6	17.1	17.5	17.9	18.3	18.7	19.1	19.6	20.0	20.4	20.8	21.2	21.6
154	8.0	8.4	8.9	9.3	9.7	10.1	10.5	11.0	11.4	11.8	12.2	12.6	13.1	13.5	13.9	14.3	14.8	15.2	15.6	16.0	16.4	16.9	17.3	17.7	18.1	18.6	19.0	19.4	19.8	20.2	20.7	21.1	21.5	21.9
153	8.1	8.5	9.0	9.4	9.8	10.3	10.7	11.1	11.5	12.0	12.4	12.8	13.2	13.7	14.1	14.5	15.0	15.4	15.8	16.2	16.7	17.1	17.5	17.9	18.4	18.8	19.2	19.7	20.1	20.5	20.9	21.4	21.8	22.2
152	8.2	8.7	9.1	9.5	10.0	10.4	10.8	11.3	11.7	12.1	12.6	13.0	13.4	13.9	14.3	14.7	15.1	15.6	16.0	16.4	16.9	17.3	17.7	18.2	18.6	19.0	19.5	19.9	20.3	20.8	21.2	21.6	22.1	22.5
151	8.3	8.8	9.2	9.6	10.1	10.5	11.0	11.4	11.8	12.3	12.7	13.2	13.6	14.0	14.5	14.9	15.4	15.8	16.2	16.7	17.1	17.5	18.0	18.4	18.9	19.3	19.7	20.2	20.6	21.1	21.5	21.9	22.4	22.8
150	8.4	8.9	9.3	9.8	10.2	10.7	11.1	11.6	12.0	12.4	12.9	13.3	13.8	14.2	14.7	15.1	15.6	16.0	16.4	16.9	17.3	17.8	18.2	18.7	19.1	19.6	20.0	20.4	20.9	21.3	21.8	22.2	22.7	23.1
149	8.6	9.0	9.5	9.9	10.4	10.8	11.3	11.7	12.2	12.6	13.1	13.5	14.0	14.4	14.9	15.3	15.8	16.2	16.7	17.1	17.6	18.0	18.5	18.9	19.4	19.8	20.3	20.7	21.2	21.6	22.1	22.5	23.0	23.4
148	8.7	9.1	9.6	10.0	10.5	11.0	11.4	11.9	12.3	12.8	13.2	13.7	14.2	14.6	15.1	15.5	16.0	16.4	16.9	17.3	17.8	18.3	18.7	19.2	19.6	20.1	20.5	21.0	21.5	21.9	22.4	22.8	23.3	23.7
147	8.8	9.3	9.7	10.2	10.6	11.1	11.6	12.0	12.5	13.0	13.4	13.9	14.3	14.8	15.3	15.7	16.2	16.7	17.1	17.6	18.0	18.5	19.0	19.4	19.9	20.4	20.8	21.3	21.8	22.2	22.7	23.1	23.6	24.1
146	8.9	9.4	9.9	10.3	10.8	11.3	11.7	12.2	12.7	13.1	13.6	14.1	14.5	15.0	15.5	16.0	16.4	16.9	17.4	17.8	18.3	18.8	19.2	19.7	20.2	20.6	21.1	21.6	22.0	22.5	23.0	23.5	23.9	24.4
145	9.0	9.5	10.0	10.5	10.9	11.4	11.9	12.4	12.8	13.3	13.8	14.3	14.7	15.2	15.7	16.2	16.6	17.1	17.6	18.1	18.5	19.0	19.5	20.0	20.5	20.9	21.4	21.9	22.4	22.8	23.3	23.8	24.3	24.7
Weight (kg)	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52

BMI-for-Age Table, GIRLS 5–18 Years (WHO 2007)

Age (years:months)	Obese ≥ +2 SD (BMI)	Overweight ≥ +1 to < +2 SD (BMI)	Normal ≥ -1 to < +1 SD (BMI)	Mild malnutrition ≥ -2 to < -1 SD (BMI)	Moderate malnutrition ≥ -3 to < -2 SD (BMI)	Severe malnutrition < -3 SD (BMI)
5:1	≥ 18.9	16.9–18.8	13.9–16.8	12.7–13.8	11.8–12.6	< 11.8
5:6	≥ 19.0	16.9–18.9	13.9–16.8	12.7–13.8	11.7–12.6	< 11.7
6:0	≥ 19.2	17.0–19.1	13.9–16.9	12.7–13.8	11.7–12.6	< 11.7
6:6	≥ 19.5	17.1–19.4	13.9–17.0	12.7–13.8	11.7–12.6	< 11.7
7:0	≥ 19.8	17.3–19.7	13.9–17.2	12.7–13.8	11.8–12.6	< 11.8
7:6	≥ 20.1	17.5–20.0	14.0–17.4	12.8–13.9	11.8–12.7	< 11.8
8:0	≥ 20.6	17.7–20.5	14.1–17.6	12.9–14.0	11.9–12.8	< 11.9
8:6	≥ 21.0	18.0–20.9	14.3–17.9	13.0–14.2	12.0–12.9	< 12.0
9:0	≥ 21.5	18.3–21.4	14.4–18.2	13.1–14.3	12.1–13.0	< 12.1
9:6	≥ 22.0	18.7–21.9	14.6–18.6	13.3–14.5	12.2–13.2	< 12.2
10:0	≥ 22.6	19.0–22.5	14.8–18.9	13.5–14.7	12.4–13.4	< 12.4
10:6	≥ 23.1	19.4–23.0	15.1–19.3	13.7–15.0	12.5–13.6	< 12.5
11:0	≥ 23.7	19.9–23.6	15.3–19.8	13.9–15.2	12.7–13.8	< 12.7
11:6	≥ 24.3	20.3–24.2	15.6–20.2	14.1–15.5	12.9–14.0	< 12.9
12:0	≥ 25.0	20.8–24.9	16.0–20.7	14.4–15.9	13.2–14.3	< 13.2
12:6	≥ 25.6	21.3–25.5	16.3–21.2	14.7–16.2	13.4–14.6	< 13.4
13:0	≥ 26.2	21.8–26.1	16.6–21.7	14.9–16.5	13.6–14.8	< 13.6
13:6	≥ 26.8	22.3–26.7	16.9–22.2	15.2–16.8	13.8–15.1	< 13.8
14:0	≥ 27.3	22.7–27.2	17.2–22.6	15.4–17.1	14.0–15.3	< 14.0
14:6	≥ 27.8	23.1–27.7	17.5–23.0	15.7–17.4	14.2–15.6	< 14.2
15:0	≥ 28.2	23.5–28.1	17.8–23.4	15.9–17.7	14.4–15.8	< 14.4
15:6	≥ 28.6	23.8–28.5	18.0–23.7	16.0–17.9	14.5–15.9	< 14.5
16:0	≥ 28.9	24.1–28.8	18.2–24.0	16.2–18.1	14.6–16.1	< 14.6
16:6	≥ 29.1	24.3–29.0	18.3–24.2	16.3–18.2	14.7–16.2	< 14.7
17:0	≥ 29.3	24.5–29.2	18.4–24.4	16.4–18.3	14.7–16.3	< 14.7
17:6	≥ 29.4	24.6–29.3	18.5–24.5	16.4–18.4	14.7–16.3	< 14.7
18:0	≥ 29.5	24.8–29.4	18.6–24.7	16.4–18.5	14.7–16.3	< 14.7

BMI-for-Age Table, BOYS 5–18 Years (WHO 2007)

Age (years:months)	Obese ≥ +2 SD (BMI)	Overweight ≥ +1 to < +2 SD (BMI)	Normal ≥ -1 to < +1 SD (BMI)	Mild malnutrition ≥ -2 to < -1 SD (BMI)	Moderate malnutrition ≥ -3 to < -2 SD (BMI)	Severe malnutrition < -3 SD (BMI)
5:1	≥ 18.3	16.6–18.2	14.1–16.5	13.0–14.0	12.1–12.9	< 12.1
5:6	≥ 18.4	16.7–18.3	14.1–16.6	13.0–14.0	12.1–12.9	< 12.1
6:0	≥ 18.5	16.8–18.4	14.1–16.7	13.0–14.0	12.1–12.9	< 12.1
6:6	≥ 18.7	16.9–18.6	14.1–16.8	13.1–14.0	12.2–13.0	< 12.2
7:0	≥ 19.0	17.0–18.9	14.2–16.9	13.1–14.1	12.3–13.0	< 12.3
7:6	≥ 19.3	17.2–19.2	14.3–17.1	13.2–14.2	12.3–13.1	< 12.3
8:0	≥ 19.7	17.4–19.6	14.4–17.3	13.3–14.3	12.4–13.2	< 12.4
8:6	≥ 20.1	17.7–20.0	14.5–17.6	13.4–14.4	12.5–13.3	< 12.5
9:0	≥ 20.5	17.9–20.4	14.6–17.8	13.5–14.5	12.6–13.4	< 12.6
9:6	≥ 20.9	18.2–20.8	14.8–18.1	13.6–14.7	12.7–13.5	< 12.7
10:0	≥ 21.4	18.5–21.3	14.9–18.4	13.7–14.8	12.8–13.6	< 12.8
10:6	≥ 21.9	18.8–21.8	15.1–18.7	13.9–15.0	12.9–13.8	< 12.9
11:0	≥ 22.5	19.2–22.4	15.3–19.1	14.1–15.2	13.1–14.0	< 13.1
11:6	≥ 23.0	19.5–22.9	15.5–19.4	14.2–15.4	13.2–14.1	< 13.2
12:0	≥ 23.6	19.9–23.5	15.8–19.8	14.5–15.7	13.4–14.4	< 13.4
12:6	≥ 24.2	20.4–24.1	16.1–20.3	14.7–16.0	13.6–14.6	< 13.6
13:0	≥ 24.8	20.8–24.7	16.4–20.7	14.9–16.3	13.8–14.8	< 13.8
13:6	≥ 25.3	21.3–25.2	16.7–21.2	15.2–16.6	14.0–15.1	< 14.0
14:0	≥ 25.9	21.8–25.8	17.0–21.7	15.5–16.9	14.3–15.4	< 14.3
14:6	≥ 26.5	22.2–26.4	17.3–22.1	15.7–17.2	14.5–15.6	< 14.5
15:0	≥ 27.0	22.7–26.9	17.6–22.6	16.0–17.5	14.7–15.9	< 14.7
15:6	≥ 27.4	23.1–27.3	18.0–23.0	16.3–17.9	14.9–16.2	< 14.9
16:0	≥ 27.9	23.5–27.8	18.2–23.4	16.5–18.1	15.1–16.4	< 15.1
16:6	≥ 28.3	23.9–28.2	18.5–23.8	16.7–18.4	15.3–16.6	< 15.3
17:0	≥ 28.6	24.3–28.5	18.8–24.2	16.9–18.7	15.4–16.8	< 15.4
17:6	≥ 29.0	24.6–28.9	19.0–24.5	17.1–18.9	15.6–17.0	< 15.6
18:0	≥ 29.2	24.9–29.1	19.2–24.8	17.3–19.1	15.7–17.2	< 15.7

BMI Look-Up Table for Non-Pregnant, Non-Lactating Adults ≥ 19 years of Age (134–169 cm tall, table 1 of 2)

Height (cm)	Adults 134–169 cm tall																												
169	9.8	10.2	10.5	10.9	11.2	11.6	11.9	12.3	12.6	13.0	13.3	13.7	14.0	14.4	14.7	15.1	15.4	15.8	16.1	16.5	16.8	17.2	17.5	17.9	18.2	18.6	18.9	19.3	19.6
168	9.9	10.3	10.6	11.0	11.3	11.7	12.0	12.4	12.8	13.1	13.5	13.8	14.2	14.5	14.9	15.2	15.6	15.9	16.3	16.7	17.0	17.4	17.7	18.1	18.4	18.8	19.1	19.5	19.8
167	10.0	10.4	10.8	11.1	11.5	11.8	12.2	12.5	12.9	13.3	13.6	14.0	14.3	14.7	15.1	15.4	15.8	16.1	16.5	16.9	17.2	17.6	17.9	18.3	18.6	19.0	19.4	19.7	20.1
166	10.2	10.5	10.9	11.2	11.6	12.0	12.3	12.7	13.1	13.4	13.8	14.2	14.5	14.9	15.2	15.6	16.0	16.3	16.7	17.1	17.4	17.8	18.1	18.5	18.9	19.2	19.6	20.0	20.3
165	10.3	10.7	11.0	11.4	11.8	12.1	12.5	12.9	13.2	13.6	14.0	14.3	14.7	15.1	15.4	15.8	16.2	16.5	16.9	17.3	17.6	18.0	18.4	18.7	19.1	19.5	19.8	20.2	20.6
164	10.4	10.8	11.2	11.5	11.9	12.3	12.6	13.0	13.4	13.8	14.1	14.5	14.9	15.2	15.6	16.0	16.4	16.7	17.1	17.5	17.8	18.2	18.6	19.0	19.3	19.7	20.1	20.4	20.8
163	10.5	10.9	11.3	11.7	12.0	12.4	12.8	13.2	13.5	13.9	14.3	14.7	15.1	15.4	15.8	16.2	16.6	16.9	17.3	17.7	18.1	18.4	18.8	19.2	19.6	19.9	20.3	20.7	21.1
162	10.7	11.1	11.4	11.8	12.2	12.6	13.0	13.3	13.7	14.1	14.5	14.9	15.2	15.6	16.0	16.4	16.8	17.1	17.5	17.9	18.3	18.7	19.1	19.4	19.8	20.2	20.6	21.0	21.3
161	10.8	11.2	11.6	12.0	12.3	12.7	13.1	13.5	13.9	14.3	14.7	15.0	15.4	15.8	16.2	16.6	17.0	17.4	17.7	18.1	18.5	18.9	19.3	19.7	20.1	20.4	20.8	21.2	21.6
160	10.9	11.3	11.7	12.1	12.5	12.9	13.3	13.7	14.1	14.5	14.8	15.2	15.6	16.0	16.4	16.8	17.2	17.6	18.0	18.4	18.8	19.1	19.5	19.9	20.3	20.7	21.1	21.5	21.9
159	11.1	11.5	11.9	12.3	12.7	13.1	13.4	13.8	14.2	14.6	15.0	15.4	15.8	16.2	16.6	17.0	17.4	17.8	18.2	18.6	19.0	19.4	19.8	20.2	20.6	21.0	21.4	21.8	22.2
158	11.2	11.6	12.0	12.4	12.8	13.2	13.6	14.0	14.4	14.8	15.2	15.6	16.0	16.4	16.8	17.2	17.6	18.0	18.4	18.8	19.2	19.6	20.0	20.4	20.8	21.2	21.6	22.0	22.4
157	11.4	11.8	12.2	12.6	13.0	13.4	13.8	14.2	14.6	15.0	15.4	15.8	16.2	16.6	17.0	17.4	17.9	18.3	18.7	19.1	19.5	19.9	20.3	20.7	21.1	21.5	21.9	22.3	22.7
156	11.5	11.9	12.3	12.7	13.1	13.6	14.0	14.4	14.8	15.2	15.6	16.0	16.4	16.8	17.3	17.7	18.1	18.5	18.9	19.3	19.7	20.1	20.5	21.0	21.4	21.8	22.2	22.6	23.0
155	11.7	12.1	12.5	12.9	13.3	13.7	14.2	14.6	15.0	15.4	15.8	16.2	16.6	17.1	17.5	17.9	18.3	18.7	19.1	19.6	20.0	20.4	20.8	21.2	21.6	22.1	22.5	22.9	23.3
154	11.8	12.2	12.6	13.1	13.5	13.9	14.3	14.8	15.2	15.6	16.0	16.4	16.9	17.3	17.7	18.1	18.6	19.0	19.4	19.8	20.2	20.7	21.1	21.5	21.9	22.3	22.8	23.2	23.6
153	12.0	12.4	12.8	13.2	13.7	14.1	14.5	15.0	15.4	15.8	16.2	16.7	17.1	17.5	17.9	18.4	18.8	19.2	19.7	20.1	20.5	20.9	21.4	21.8	22.2	22.6	23.1	23.5	23.9
152	12.1	12.6	13.0	13.4	13.9	14.3	14.7	15.1	15.6	16.0	16.4	16.9	17.3	17.7	18.2	18.6	19.0	19.5	19.9	20.3	20.8	21.2	21.6	22.1	22.5	22.9	23.4	23.8	24.2
151	12.3	12.7	13.2	13.6	14.0	14.5	14.9	15.4	15.8	16.2	16.7	17.1	17.5	18.0	18.4	18.9	19.3	19.7	20.2	20.6	21.1	21.5	21.9	22.4	22.8	23.2	23.7	24.1	24.6
150	12.4	12.9	13.3	13.8	14.2	14.7	15.1	15.6	16.0	16.4	16.9	17.3	17.8	18.2	18.7	19.1	19.6	20.0	20.4	20.9	21.3	21.8	22.2	22.7	23.1	23.6	24.0	24.4	24.9
149	12.6	13.1	13.5	14.0	14.4	14.9	15.3	15.8	16.2	16.7	17.1	17.6	18.0	18.5	18.9	19.4	19.8	20.3	20.7	21.2	21.6	22.1	22.5	23.0	23.4	23.9	24.3	24.8	25.2
148	12.8	13.2	13.7	14.2	14.6	15.1	15.5	16.0	16.4	16.9	17.3	17.8	18.3	18.7	19.2	19.6	20.1	20.5	21.0	21.5	21.9	22.4	22.8	23.3	23.7	24.2	24.7	25.1	25.6
147	13.0	13.4	13.9	14.3	14.8	15.3	15.7	16.2	16.7	17.1	17.6	18.0	18.5	19.0	19.4	19.9	20.4	20.8	21.3	21.8	22.2	22.7	23.1	23.6	24.1	24.5	25.0	25.5	25.9
146	13.1	13.6	14.1	14.5	15.0	15.5	16.0	16.4	16.9	17.4	17.8	18.3	18.8	19.2	19.7	20.2	20.6	21.1	21.6	22.0	22.5	23.0	23.5	23.9	24.4	24.9	25.3	25.8	26.3
145	13.3	13.8	14.3	14.7	15.2	15.7	16.2	16.6	17.1	17.6	18.1	18.5	19.0	19.5	20.0	20.5	20.9	21.4	21.9	22.4	22.8	23.3	23.8	24.3	24.7	25.2	25.7	26.2	26.6
144	13.5	14.0	14.5	14.9	15.4	15.9	16.4	16.9	17.4	17.8	18.3	18.8	19.3	19.8	20.3	20.7	21.2	21.7	22.2	22.7	23.1	23.6	24.1	24.6	25.1	25.6	26.0	26.5	27.0
143	13.7	14.2	14.7	15.2	15.6	16.1	16.6	17.1	17.6	18.1	18.6	19.1	19.6	20.0	20.5	21.0	21.5	22.0	22.5	23.0	23.5	24.0	24.5	24.9	25.4	25.9	26.4	26.9	27.4
142	13.9	14.4	14.9	15.4	15.9	16.4	16.9	17.4	17.9	18.3	18.8	19.3	19.8	20.3	20.8	21.3	21.8	22.3	22.8	23.3	23.8	24.3	24.8	25.3	25.8	26.3	26.8	27.3	27.8
141	14.1	14.6	15.1	15.6	16.1	16.6	17.1	17.6	18.1	18.6	19.1	19.6	20.1	20.6	21.1	21.6	22.1	22.6	23.1	23.6	24.1	24.6	25.1	25.7	26.2	26.7	27.2	27.7	28.2
140	14.3	14.8	15.3	15.8	16.3	16.8	17.3	17.9	18.4	18.9	19.4	19.9	20.4	20.9	21.4	21.9	22.4	23.0	23.5	24.0	24.5	25.0	25.5	26.0	26.5	27.0	27.6	28.1	28.6
139	14.5	15.0	15.5	16.0	16.6	17.1	17.6	18.1	18.6	19.2	19.7	20.2	20.7	21.2	21.7	22.3	22.8	23.3	23.8	24.3	24.8	25.4	25.9	26.4	26.9	27.4	27.9	28.5	29.0
138	14.7	15.2	15.8	16.3	16.8	17.3	17.9	18.4	18.9	19.4	20.0	20.5	21.0	21.5	22.1	22.6	23.1	23.6	24.2	24.7	25.2	25.7	26.3	26.8	27.3	27.8	28.4	28.9	29.4
137	14.9	15.5	16.0	16.5	17.0	17.6	18.1	18.6	19.2	19.7	20.2	20.8	21.3	21.8	22.4	22.9	23.4	24.0	24.5	25.0	25.6	26.1	26.6	27.2	27.7	28.2	28.8	29.3	29.8
136	15.1	15.7	16.2	16.8	17.3	17.8	18.4	18.9	19.5	20.0	20.5	21.1	21.6	22.2	22.7	23.2	23.8	24.3	24.9	25.4	26.0	26.5	27.0	27.6	28.1	28.7	29.2	29.7	30.3
135	15.4	15.9	16.5	17.0	17.6	18.1	18.7	19.2	19.8	20.3	20.9	21.4	21.9	22.5	23.0	23.6	24.1	24.7	25.2	25.8	26.3	26.9	27.4	28.0	28.5	29.1	29.6	30.2	30.7
134	15.6	16.2	16.7	17.3	17.8	18.4	18.9	19.5	20.0	20.6	21.2	21.7	22.3	22.8	23.4	23.9	24.5	25.1	25.6	26.2	26.7	27.3	27.8	28.4	29.0	29.5	30.1	30.6	31.2
Weight (kg)	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56

KEY	Severe malnutrition (BMI < 16.0)	Moderate malnutrition (BMI ≥ 16.0 to < 17.0)	Mild malnutrition (BMI ≥ 17.0 to < 18.5)	Normal (BMI ≥ 18.5 to < 25.0)	Overweight (BMI ≥ 25.0 to < 30.0)	Obese (BMI ≥ 30.0)
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BMI Look-Up Table for Non-Pregnant, Non-Lactating Adults ≥ 19 years of Age (134–169 cm tall, table 2 of 2)

Height (cm)	Adults 134–169 cm tall																													
169	20.0	20.3	20.7	21.0	21.4	21.7	22.1	22.4	22.8	23.1	23.5	23.8	24.2	24.5	24.9	25.2	25.6	25.9	26.3	26.6	27.0	27.3	27.7	28.0	28.4	28.7	29.1	29.4	29.8	30.1
168	20.2	20.5	20.9	21.3	21.6	22.0	22.3	22.7	23.0	23.4	23.7	24.1	24.4	24.8	25.1	25.5	25.8	26.2	26.6	26.9	27.3	27.6	28.0	28.3	28.7	29.0	29.4	29.8	30.1	30.5
167	20.4	20.8	21.2	21.5	21.9	22.2	22.6	22.9	23.3	23.7	24.0	24.4	24.7	25.1	25.5	25.8	26.2	26.5	26.9	27.3	27.6	28.0	28.3	28.7	29.0	29.4	29.8	30.1	30.5	30.8
166	20.7	21.0	21.4	21.8	22.1	22.5	22.9	23.2	23.6	24.0	24.3	24.7	25.0	25.4	25.8	26.1	26.5	26.9	27.2	27.6	27.9	28.3	28.7	29.0	29.4	29.8	30.1	30.5	30.8	31.2
165	20.9	21.3	21.7	22.0	22.4	22.8	23.1	23.5	23.9	24.2	24.6	25.0	25.3	25.7	26.1	26.4	26.8	27.2	27.5	27.9	28.3	28.7	29.0	29.4	29.8	30.1	30.5	30.9	31.2	31.6
164	21.2	21.6	21.9	22.3	22.7	23.1	23.4	23.8	24.2	24.5	24.9	25.3	25.7	26.0	26.4	26.8	27.1	27.5	27.9	28.3	28.6	29.0	29.4	29.7	30.1	30.5	30.9	31.2	31.6	32.0
163	21.5	21.8	22.2	22.6	23.0	23.3	23.7	24.1	24.5	24.8	25.2	25.6	26.0	26.3	26.7	27.1	27.5	27.9	28.2	28.6	29.0	29.4	29.7	30.1	30.5	30.9	31.2	31.6	32.0	32.4
162	21.7	22.1	22.5	22.9	23.2	23.6	24.0	24.4	24.8	25.1	25.5	25.9	26.3	26.7	27.1	27.4	27.8	28.2	28.6	29.0	29.3	29.7	30.1	30.5	30.9	31.2	31.6	32.0	32.4	32.8
161	22.0	22.4	22.8	23.1	23.5	23.9	24.3	24.7	25.1	25.5	25.8	26.2	26.6	27.0	27.4	27.8	28.2	28.5	28.9	29.3	29.7	30.1	30.5	30.9	31.2	31.6	32.0	32.4	32.8	33.2
160	22.3	22.7	23.0	23.4	23.8	24.2	24.6	25.0	25.4	25.8	26.2	26.6	27.0	27.3	27.7	28.1	28.5	28.9	29.3	29.7	30.1	30.5	30.9	31.3	31.6	32.0	32.4	32.8	33.2	33.6
159	22.5	22.9	23.3	23.7	24.1	24.5	24.9	25.3	25.7	26.1	26.5	26.9	27.3	27.7	28.1	28.5	28.9	29.3	29.7	30.1	30.5	30.9	31.2	31.6	32.0	32.4	32.8	33.2	33.6	34.0
158	22.8	23.2	23.6	24.0	24.4	24.8	25.2	25.6	26.0	26.4	26.8	27.2	27.6	28.0	28.4	28.8	29.2	29.6	30.0	30.4	30.8	31.2	31.6	32.0	32.4	32.8	33.2	33.6	34.0	34.4
157	23.1	23.5	23.9	24.3	24.7	25.2	25.6	26.0	26.4	26.8	27.2	27.6	28.0	28.4	28.8	29.2	29.6	30.0	30.4	30.8	31.2	31.6	32.0	32.5	32.9	33.3	33.7	34.1	34.5	34.9
156	23.4	23.8	24.2	24.7	25.1	25.5	25.9	26.3	26.7	27.1	27.5	27.9	28.4	28.8	29.2	29.6	30.0	30.4	30.8	31.2	31.6	32.1	32.5	32.9	33.3	33.7	34.1	34.5	34.9	35.3
155	23.7	24.1	24.6	25.0	25.4	25.8	26.2	26.6	27.1	27.5	27.9	28.3	28.7	29.1	29.6	30.0	30.4	30.8	31.2	31.6	32.0	32.5	32.9	33.3	33.7	34.1	34.5	35.0	35.4	35.8
154	24.0	24.5	24.9	25.3	25.7	26.1	26.6	27.0	27.4	27.8	28.3	28.7	29.1	29.5	29.9	30.4	30.8	31.2	31.6	32.0	32.5	32.9	33.3	33.7	34.2	34.6	35.0	35.4	35.8	36.3
153	24.3	24.8	25.2	25.6	26.1	26.5	26.9	27.3	27.8	28.2	28.6	29.0	29.5	29.9	30.3	30.8	31.2	31.6	32.0	32.5	32.9	33.3	33.8	34.2	34.6	35.1	35.5	35.9	36.3	36.7
152	24.7	25.1	25.5	26.0	26.4	26.8	27.3	27.7	28.1	28.6	29.0	29.4	29.9	30.3	30.7	31.1	31.6	32.0	32.5	32.9	33.3	33.8	34.2	34.6	35.1	35.5	35.9	36.4	36.8	37.2
151	25.0	25.4	25.9	26.3	26.8	27.2	27.6	28.1	28.5	28.9	29.4	29.8	30.3	30.7	31.1	31.6	32.0	32.5	32.9	33.3	33.8	34.2	34.6	35.1	35.5	36.0	36.4	36.8	37.3	37.7
150	25.3	25.8	26.2	26.7	27.1	27.6	28.0	28.4	28.9	29.3	29.8	30.2	30.7	31.1	31.6	32.0	32.4	32.9	33.3	33.8	34.2	34.7	35.1	35.6	36.0	36.4	36.9	37.3	37.8	38.2
149	25.7	26.1	26.6	27.0	27.5	27.9	28.4	28.8	29.3	29.7	30.2	30.6	31.1	31.5	32.0	32.4	32.9	33.3	33.8	34.2	34.7	35.1	35.6	36.0	36.5	36.9	37.4	37.8	38.3	38.7
148	26.0	26.5	26.9	27.4	27.8	28.3	28.8	29.2	29.7	30.1	30.6	31.0	31.5	32.0	32.4	32.9	33.3	33.8	34.2	34.7	35.2	35.6	36.1	36.5	37.0	37.4	37.9	38.3	38.8	39.3
147	26.4	26.8	27.3	27.8	28.2	28.7	29.2	29.6	30.1	30.5	31.0	31.5	31.9	32.4	32.9	33.3	33.8	34.2	34.7	35.2	35.6	36.1	36.6	37.0	37.5	37.9	38.4	38.9	39.3	39.8
146	26.7	27.2	27.7	28.1	28.6	29.1	29.6	30.0	30.5	31.0	31.4	31.9	32.4	32.8	33.3	33.8	34.2	34.7	35.2	35.7	36.1	36.6	37.1	37.5	38.0	38.5	38.9	39.4	39.9	40.3
145	27.1	27.6	28.1	28.5	29.0	29.5	30.0	30.4	30.9	31.4	31.9	32.3	32.8	33.3	33.8	34.2	34.7	35.2	35.7	36.1	36.6	37.1	37.6	38.0	38.5	39.0	39.5	40.0	40.4	40.9
144	27.5	28.0	28.5	28.9	29.4	29.9	30.4	30.9	31.3	31.8	32.3	32.8	33.3	33.8	34.2	34.7	35.2	35.7	36.2	36.7	37.1	37.6	38.1	38.6	39.1	39.5	40.0	40.5	41.0	41.5
143	27.9	28.4	28.9	29.3	29.8	30.3	30.8	31.3	31.8	32.3	32.8	33.3	33.7	34.2	34.7	35.2	35.7	36.2	36.7	37.2	37.7	38.1	38.6	39.1	39.6	40.1	40.6	41.1	41.6	42.1
142	28.3	28.8	29.3	29.8	30.3	30.7	31.2	31.7	32.2	32.7	33.2	33.7	34.2	34.7	35.2	35.7	36.2	36.7	37.2	37.7	38.2	38.7	39.2	39.7	40.2	40.7	41.2	41.7	42.2	42.7
141	28.7	29.2	29.7	30.2	30.7	31.2	31.7	32.2	32.7	33.2	33.7	34.2	34.7	35.2	35.7	36.2	36.7	37.2	37.7	38.2	38.7	39.2	39.7	40.2	40.7	41.2	41.7	42.3	42.8	43.3
140	29.1	29.6	30.1	30.6	31.1	31.6	32.1	32.7	33.2	33.7	34.2	34.7	35.2	35.7	36.2	36.7	37.2	37.8	38.3	38.8	39.3	39.8	40.3	40.8	41.3	41.8	42.3	42.9	43.4	43.9
139	29.5	30.0	30.5	31.1	31.6	32.1	32.6	33.1	33.6	34.2	34.7	35.2	35.7	36.2	36.7	37.3	37.8	38.3	38.8	39.3	39.9	40.4	40.9	41.4	41.9	42.4	43.0	43.5	44.0	44.5
138	29.9	30.5	31.0	31.5	32.0	32.6	33.1	33.6	34.1	34.7	35.2	35.7	36.2	36.8	37.3	37.8	38.3	38.9	39.4	39.9	40.4	41.0	41.5	42.0	42.5	43.1	43.6	44.1	44.6	45.2
137	30.4	30.9	31.4	32.0	32.5	33.0	33.6	34.1	34.6	35.2	35.7	36.2	36.8	37.3	37.8	38.4	38.9	39.4	40.0	40.5	41.0	41.6	42.1	42.6	43.2	43.7	44.2	44.8	45.3	45.8
136	30.8	31.4	31.9	32.4	33.0	33.5	34.1	34.6	35.1	35.7	36.2	36.8	37.3	37.8	38.4	38.9	39.5	40.0	40.5	41.1	41.6	42.2	42.7	43.3	43.8	44.3	44.9	45.4	46.0	46.5
135	31.3	31.8	32.4	32.9	33.5	34.0	34.6	35.1	35.7	36.2	36.8	37.3	37.9	38.4	39.0	39.5	40.1	40.6	41.2	41.7	42.2	42.8	43.3	43.9	44.4	45.0	45.5	46.1	46.6	47.2
134	31.7	32.3	32.9	33.4	34.0	34.5	35.1	35.6	36.2	36.8	37.3	37.9	38.4	39.0	39.5	40.1	40.7	41.2	41.8	42.3	42.9	43.4	44.0	44.6	45.1	45.7	46.2	46.8	47.3	47.9
Weight (kg)	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86

KEY	Severe malnutrition (BMI < 16.0)	Moderate malnutrition (BMI ≥ 16.0 to < 17.0)	Mild malnutrition (BMI ≥ 17.0 to < 18.5)	Normal (BMI ≥ 18.5 to < 25.0)	Overweight (BMI ≥ 25.0 to < 30.0)	Obese (BMI ≥ 30.0)
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BMI Look-Up Table for Non-Pregnant, Non-Lactating Adults ≥ 19 years of Age (170–200 cm tall, table 1 of 2)

Height (cm)	Adults 170–200 cm tall																												
200	11.5	11.8	12.0	12.3	12.5	12.8	13.0	13.3	13.5	13.8	14.0	14.3	14.5	14.8	15.0	15.3	15.5	15.8	16.0	16.3	16.5	16.8	17.0	17.3	17.5	17.8	18.0	18.3	18.5
199	11.6	11.9	12.1	12.4	12.6	12.9	13.1	13.4	13.6	13.9	14.1	14.4	14.6	14.9	15.2	15.4	15.7	15.9	16.2	16.4	16.7	16.9	17.2	17.4	17.7	17.9	18.2	18.4	18.7
198	11.7	12.0	12.2	12.5	12.8	13.0	13.3	13.5	13.8	14.0	14.3	14.5	14.8	15.0	15.3	15.6	15.8	16.1	16.3	16.6	16.8	17.1	17.3	17.6	17.9	18.1	18.4	18.6	18.9
197	11.9	12.1	12.4	12.6	12.9	13.1	13.4	13.7	13.9	14.2	14.4	14.7	14.9	15.2	15.5	15.7	16.0	16.2	16.5	16.7	17.0	17.3	17.5	17.8	18.0	18.3	18.6	18.8	19.1
196	12.0	12.2	12.5	12.8	13.0	13.3	13.5	13.8	14.1	14.3	14.6	14.8	15.1	15.4	15.6	15.9	16.1	16.4	16.7	16.9	17.2	17.4	17.7	18.0	18.2	18.5	18.7	19.0	19.3
195	12.1	12.4	12.6	12.9	13.1	13.4	13.7	13.9	14.2	14.5	14.7	15.0	15.3	15.5	15.8	16.0	16.3	16.6	16.8	17.1	17.4	17.6	17.9	18.1	18.4	18.7	18.9	19.2	19.5
194	12.2	12.5	12.8	13.0	13.3	13.6	13.8	14.1	14.3	14.6	14.9	15.1	15.4	15.7	15.9	16.2	16.5	16.7	17.0	17.3	17.5	17.8	18.1	18.3	18.6	18.9	19.1	19.4	19.7
193	12.3	12.6	12.9	13.2	13.4	13.7	14.0	14.2	14.5	14.8	15.0	15.3	15.6	15.8	16.1	16.4	16.6	16.9	17.2	17.5	17.7	18.0	18.3	18.5	18.8	19.1	19.3	19.6	19.9
192	12.5	12.7	13.0	13.3	13.6	13.8	14.1	14.4	14.6	14.9	15.2	15.5	15.7	16.0	16.3	16.5	16.8	17.1	17.4	17.6	17.9	18.2	18.4	18.7	19.0	19.3	19.5	19.8	20.1
191	12.6	12.9	13.2	13.4	13.7	14.0	14.3	14.5	14.8	15.1	15.4	15.6	15.9	16.2	16.4	16.7	17.0	17.3	17.5	17.8	18.1	18.4	18.6	18.9	19.2	19.5	19.7	20.0	20.3
190	12.7	13.0	13.3	13.6	13.9	14.1	14.4	14.7	15.0	15.2	15.5	15.8	16.1	16.3	16.6	16.9	17.2	17.5	17.7	18.0	18.3	18.6	18.8	19.1	19.4	19.7	19.9	20.2	20.5
189	12.9	13.2	13.4	13.7	14.0	14.3	14.6	14.8	15.1	15.4	15.7	16.0	16.2	16.5	16.8	17.1	17.4	17.6	17.9	18.2	18.5	18.8	19.0	19.3	19.6	19.9	20.2	20.4	20.7
188	13.0	13.3	13.6	13.9	14.1	14.4	14.7	15.0	15.3	15.6	15.8	16.1	16.4	16.7	17.0	17.3	17.5	17.8	18.1	18.4	18.7	19.0	19.2	19.5	19.8	20.1	20.4	20.7	20.9
187	13.2	13.4	13.7	14.0	14.3	14.6	14.9	15.2	15.4	15.7	16.0	16.3	16.6	16.9	17.2	17.4	17.7	18.0	18.3	18.6	18.9	19.2	19.4	19.7	20.0	20.3	20.6	20.9	21.2
186	13.3	13.6	13.9	14.2	14.5	14.7	15.0	15.3	15.6	15.9	16.2	16.5	16.8	17.1	17.3	17.6	17.9	18.2	18.5	18.8	19.1	19.4	19.7	19.9	20.2	20.5	20.8	21.1	21.4
185	13.4	13.7	14.0	14.3	14.6	14.9	15.2	15.5	15.8	16.1	16.4	16.7	16.9	17.2	17.5	17.8	18.1	18.4	18.7	19.0	19.3	19.6	19.9	20.2	20.5	20.7	21.0	21.3	21.6
184	13.6	13.9	14.2	14.5	14.8	15.1	15.4	15.7	15.9	16.2	16.5	16.8	17.1	17.4	17.7	18.0	18.3	18.6	18.9	19.2	19.5	19.8	20.1	20.4	20.7	21.0	21.3	21.6	21.9
183	13.7	14.0	14.3	14.6	14.9	15.2	15.5	15.8	16.1	16.4	16.7	17.0	17.3	17.6	17.9	18.2	18.5	18.8	19.1	19.4	19.7	20.0	20.3	20.6	20.9	21.2	21.5	21.8	22.1
182	13.9	14.2	14.5	14.8	15.1	15.4	15.7	16.0	16.3	16.6	16.9	17.2	17.5	17.8	18.1	18.4	18.7	19.0	19.3	19.6	19.9	20.2	20.5	20.8	21.1	21.4	21.7	22.0	22.3
181	14.0	14.3	14.7	15.0	15.3	15.6	15.9	16.2	16.5	16.8	17.1	17.4	17.7	18.0	18.3	18.6	18.9	19.2	19.5	19.8	20.1	20.5	20.8	21.1	21.4	21.7	22.0	22.3	22.6
180	14.2	14.5	14.8	15.1	15.4	15.7	16.0	16.4	16.7	17.0	17.3	17.6	17.9	18.2	18.5	18.8	19.1	19.4	19.8	20.1	20.4	20.7	21.0	21.3	21.6	21.9	22.2	22.5	22.8
179	14.4	14.7	15.0	15.3	15.6	15.9	16.2	16.5	16.9	17.2	17.5	17.8	18.1	18.4	18.7	19.0	19.4	19.7	20.0	20.3	20.6	20.9	21.2	21.5	21.8	22.2	22.5	22.8	23.1
178	14.5	14.8	15.1	15.5	15.8	16.1	16.4	16.7	17.0	17.4	17.7	18.0	18.3	18.6	18.9	19.3	19.6	19.9	20.2	20.5	20.8	21.1	21.5	21.8	22.1	22.4	22.7	23.0	23.4
177	14.7	15.0	15.3	15.6	16.0	16.3	16.6	16.9	17.2	17.6	17.9	18.2	18.5	18.8	19.2	19.5	19.8	20.1	20.4	20.7	21.1	21.4	21.7	22.0	22.3	22.7	23.0	23.3	23.6
176	14.9	15.2	15.5	15.8	16.1	16.5	16.8	17.1	17.4	17.8	18.1	18.4	18.7	19.0	19.4	19.7	20.0	20.3	20.7	21.0	21.3	21.6	22.0	22.3	22.6	22.9	23.2	23.6	23.9
175	15.0	15.3	15.7	16.0	16.3	16.7	17.0	17.3	17.6	18.0	18.3	18.6	18.9	19.3	19.6	19.9	20.2	20.6	20.9	21.2	21.6	21.9	22.2	22.5	22.9	23.2	23.5	23.8	24.2
174	15.2	15.5	15.9	16.2	16.5	16.8	17.2	17.5	17.8	18.2	18.5	18.8	19.2	19.5	19.8	20.1	20.5	20.8	21.1	21.5	21.8	22.1	22.5	22.8	23.1	23.5	23.8	24.1	24.4
173	15.4	15.7	16.0	16.4	16.7	17.0	17.4	17.7	18.0	18.4	18.7	19.0	19.4	19.7	20.0	20.4	20.7	21.0	21.4	21.7	22.1	22.4	22.7	23.1	23.4	23.7	24.1	24.4	24.7
172	15.5	15.9	16.2	16.6	16.9	17.2	17.6	17.9	18.3	18.6	18.9	19.3	19.6	19.9	20.3	20.6	21.0	21.3	21.6	22.0	22.3	22.6	23.0	23.3	23.7	24.0	24.3	24.7	25.0
171	15.7	16.1	16.4	16.8	17.1	17.4	17.8	18.1	18.5	18.8	19.2	19.5	19.8	20.2	20.5	20.9	21.2	21.5	21.9	22.2	22.6	22.9	23.3	23.6	23.9	24.3	24.6	25.0	25.3
170	15.9	16.3	16.6	17.0	17.3	17.6	18.0	18.3	18.7	19.0	19.4	19.7	20.1	20.4	20.8	21.1	21.5	21.8	22.1	22.5	22.8	23.2	23.5	23.9	24.2	24.6	24.9	25.3	25.6
Weight (kg)	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74

KEY	Severe malnutrition (BMI < 16.0)	Moderate malnutrition (BMI ≥ 16.0 to < 17.0)	Mild malnutrition (BMI ≥ 17.0 to < 18.5)	Normal (BMI ≥ 18.5 to < 25.0)	Overweight (BMI ≥ 25.0 to < 30.0)	Obese (BMI ≥ 30.0)
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BMI Look-Up Table for Non-Pregnant, Non-Lactating Adults ≥ 19 years of Age (170–200 cm tall, table 2 of 2)

Height (cm)	Adults 170–200 cm tall																													
200	18.8	19.0	19.3	19.5	19.8	20.0	20.3	20.5	20.8	21.0	21.3	21.5	21.8	22.0	22.3	22.5	22.8	23.0	23.3	23.5	23.8	24.0	24.3	24.5	24.8	25.0	25.3	25.5	25.8	26.0
199	18.9	19.2	19.4	19.7	19.9	20.2	20.5	20.7	21.0	21.2	21.5	21.7	22.0	22.2	22.5	22.7	23.0	23.2	23.5	23.7	24.0	24.2	24.5	24.7	25.0	25.3	25.5	25.8	26.0	26.3
198	19.1	19.4	19.6	19.9	20.2	20.4	20.7	20.9	21.2	21.4	21.7	21.9	22.2	22.4	22.7	23.0	23.2	23.5	23.7	24.0	24.2	24.5	24.7	25.0	25.3	25.5	25.8	26.0	26.3	26.5
197	19.3	19.6	19.8	20.1	20.4	20.6	20.9	21.1	21.4	21.6	21.9	22.2	22.4	22.7	22.9	23.2	23.4	23.7	24.0	24.2	24.5	24.7	25.0	25.3	25.5	25.8	26.0	26.3	26.5	26.8
196	19.5	19.8	20.0	20.3	20.6	20.8	21.1	21.3	21.6	21.9	22.1	22.4	22.6	22.9	23.2	23.4	23.7	23.9	24.2	24.5	24.7	25.0	25.2	25.5	25.8	26.0	26.3	26.6	26.8	27.1
195	19.7	20.0	20.2	20.5	20.8	21.0	21.3	21.6	21.8	22.1	22.4	22.6	22.9	23.1	23.4	23.7	23.9	24.2	24.5	24.7	25.0	25.2	25.5	25.8	26.0	26.3	26.6	26.8	27.1	27.4
194	19.9	20.2	20.5	20.7	21.0	21.3	21.5	21.8	22.1	22.3	22.6	22.9	23.1	23.4	23.6	23.9	24.2	24.4	24.7	25.0	25.2	25.5	25.8	26.0	26.3	26.6	26.8	27.1	27.4	27.6
193	20.1	20.4	20.7	20.9	21.2	21.5	21.7	22.0	22.3	22.6	22.8	23.1	23.4	23.6	23.9	24.2	24.4	24.7	25.0	25.2	25.5	25.8	26.0	26.3	26.6	26.8	27.1	27.4	27.7	27.9
192	20.3	20.6	20.9	21.2	21.4	21.7	22.0	22.2	22.5	22.8	23.1	23.3	23.6	23.9	24.1	24.4	24.7	25.0	25.2	25.5	25.8	26.0	26.3	26.6	26.9	27.1	27.4	27.7	27.9	28.2
191	20.6	20.8	21.1	21.4	21.7	21.9	22.2	22.5	22.8	23.0	23.3	23.6	23.8	24.1	24.4	24.7	24.9	25.2	25.5	25.8	26.0	26.3	26.6	26.9	27.1	27.4	27.7	28.0	28.2	28.5
190	20.8	21.1	21.3	21.6	21.9	22.2	22.4	22.7	23.0	23.3	23.5	23.8	24.1	24.4	24.7	24.9	25.2	25.5	25.8	26.0	26.3	26.6	26.9	27.1	27.4	27.7	28.0	28.3	28.5	28.8
189	21.0	21.3	21.6	21.8	22.1	22.4	22.7	23.0	23.2	23.5	23.8	24.1	24.4	24.6	24.9	25.2	25.5	25.8	26.0	26.3	26.6	26.9	27.2	27.4	27.7	28.0	28.3	28.6	28.8	29.1
188	21.2	21.5	21.8	22.1	22.4	22.6	22.9	23.2	23.5	23.8	24.0	24.3	24.6	24.9	25.2	25.5	25.7	26.0	26.3	26.6	26.9	27.2	27.4	27.7	28.0	28.3	28.6	28.9	29.1	29.4
187	21.4	21.7	22.0	22.3	22.6	22.9	23.2	23.4	23.7	24.0	24.3	24.6	24.9	25.2	25.5	25.7	26.0	26.3	26.6	26.9	27.2	27.5	27.7	28.0	28.3	28.6	28.9	29.2	29.5	29.7
186	21.7	22.0	22.3	22.5	22.8	23.1	23.4	23.7	24.0	24.3	24.6	24.9	25.1	25.4	25.7	26.0	26.3	26.6	26.9	27.2	27.5	27.7	28.0	28.3	28.6	28.9	29.2	29.5	29.8	30.1
185	21.9	22.2	22.5	22.8	23.1	23.4	23.7	24.0	24.3	24.5	24.8	25.1	25.4	25.7	26.0	26.3	26.6	26.9	27.2	27.5	27.8	28.0	28.3	28.6	28.9	29.2	29.5	29.8	30.1	30.4
184	22.2	22.4	22.7	23.0	23.3	23.6	23.9	24.2	24.5	24.8	25.1	25.4	25.7	26.0	26.3	26.6	26.9	27.2	27.5	27.8	28.1	28.4	28.7	28.9	29.2	29.5	29.8	30.1	30.4	30.7
183	22.4	22.7	23.0	23.3	23.6	23.9	24.2	24.5	24.8	25.1	25.4	25.7	26.0	26.3	26.6	26.9	27.2	27.5	27.8	28.1	28.4	28.7	29.0	29.3	29.6	29.9	30.2	30.5	30.8	31.1
182	22.6	22.9	23.2	23.5	23.8	24.2	24.5	24.8	25.1	25.4	25.7	26.0	26.3	26.6	26.9	27.2	27.5	27.8	28.1	28.4	28.7	29.0	29.3	29.6	29.9	30.2	30.5	30.8	31.1	31.4
181	22.9	23.2	23.5	23.8	24.1	24.4	24.7	25.0	25.3	25.6	25.9	26.3	26.6	26.9	27.2	27.5	27.8	28.1	28.4	28.7	29.0	29.3	29.6	29.9	30.2	30.5	30.8	31.1	31.4	31.7
180	23.1	23.5	23.8	24.1	24.4	24.7	25.0	25.3	25.6	25.9	26.2	26.5	26.9	27.2	27.5	27.8	28.1	28.4	28.7	29.0	29.3	29.6	29.9	30.2	30.6	30.9	31.2	31.5	31.8	32.1
179	23.4	23.7	24.0	24.3	24.7	25.0	25.3	25.6	25.9	26.2	26.5	26.8	27.2	27.5	27.8	28.1	28.4	28.7	29.0	29.3	29.6	30.0	30.3	30.6	30.9	31.2	31.5	31.8	32.1	32.5
178	23.7	24.0	24.3	24.6	24.9	25.2	25.6	25.9	26.2	26.5	26.8	27.1	27.5	27.8	28.1	28.4	28.7	29.0	29.4	29.7	30.0	30.3	30.6	30.9	31.2	31.6	31.9	32.2	32.5	32.8
177	23.9	24.3	24.6	24.9	25.2	25.5	25.9	26.2	26.5	26.8	27.1	27.5	27.8	28.1	28.4	28.7	29.0	29.4	29.7	30.0	30.3	30.6	31.0	31.3	31.6	31.9	32.2	32.6	32.9	33.2
176	24.2	24.5	24.9	25.2	25.5	25.8	26.1	26.5	26.8	27.1	27.4	27.8	28.1	28.4	28.7	29.1	29.4	29.7	30.0	30.3	30.7	31.0	31.3	31.6	32.0	32.3	32.6	32.9	33.3	33.6
175	24.5	24.8	25.1	25.5	25.8	26.1	26.4	26.8	27.1	27.4	27.8	28.1	28.4	28.7	29.1	29.4	29.7	30.0	30.4	30.7	31.0	31.3	31.7	32.0	32.3	32.7	33.0	33.3	33.6	34.0
174	24.8	25.1	25.4	25.8	26.1	26.4	26.8	27.1	27.4	27.7	28.1	28.4	28.7	29.1	29.4	29.7	30.1	30.4	30.7	31.0	31.4	31.7	32.0	32.4	32.7	33.0	33.4	33.7	34.0	34.4
173	25.1	25.4	25.7	26.1	26.4	26.7	27.1	27.4	27.7	28.1	28.4	28.7	29.1	29.4	29.7	30.1	30.4	30.7	31.1	31.4	31.7	32.1	32.4	32.7	33.1	33.4	33.7	34.1	34.4	34.7
172	25.4	25.7	26.0	26.4	26.7	27.0	27.4	27.7	28.1	28.4	28.7	29.1	29.4	29.7	30.1	30.4	30.8	31.1	31.4	31.8	32.1	32.4	32.8	33.1	33.5	33.8	34.1	34.5	34.8	35.2
171	25.6	26.0	26.3	26.7	27.0	27.4	27.7	28.0	28.4	28.7	29.1	29.4	29.8	30.1	30.4	30.8	31.1	31.5	31.8	32.1	32.5	32.8	33.2	33.5	33.9	34.2	34.5	34.9	35.2	35.6
170	26.0	26.3	26.6	27.0	27.3	27.7	28.0	28.4	28.7	29.1	29.4	29.8	30.1	30.4	30.8	31.1	31.5	31.8	32.2	32.5	32.9	33.2	33.6	33.9	34.3	34.6	34.9	35.3	35.6	36.0
Weight (kg)	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104

KEY	Severe malnutrition (BMI < 16.0)	Moderate malnutrition (BMI ≥ 16.0 to < 17.0)	Mild malnutrition (BMI ≥ 17.0 to < 18.5)	Normal (BMI ≥ 18.5 to < 25.0)	Overweight (BMI ≥ 25.0 to < 30.0)	Obese (BMI ≥ 30.0)
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