

How to calculate your Body Mass Index (BMI)

BMI is easy to calculate: it equals a person's weight in kilograms divided by height in metres squared ($BMI = \text{kg}/\text{m}^2$).

Example:

A 20 year old woman is 164 cm tall and weighs 54 kg

Her BMI = $54 / (1.64 \times 1.64) = 20$

Body Mass Index for adults

(World Health Organisation Guidelines)

	BMI
Obese:	30 or higher
Overweight:	25-29.9
Normal weight:	20- 24.9
Thin (borderline)	18.5-20
Underweight:	Less than 18.5

NB: BMI is only one indicator and it is only reliable for adults (18 years +). In young people, it is important to consider weight for height ratio (which is calculated by dividing the child's BMI by the mean (average) BMI for age and sex, 100% being normal, 85% anorexia. This is a good link for parents:

http://kidshealth.org/parent/growth/growth/bmi_charts.html