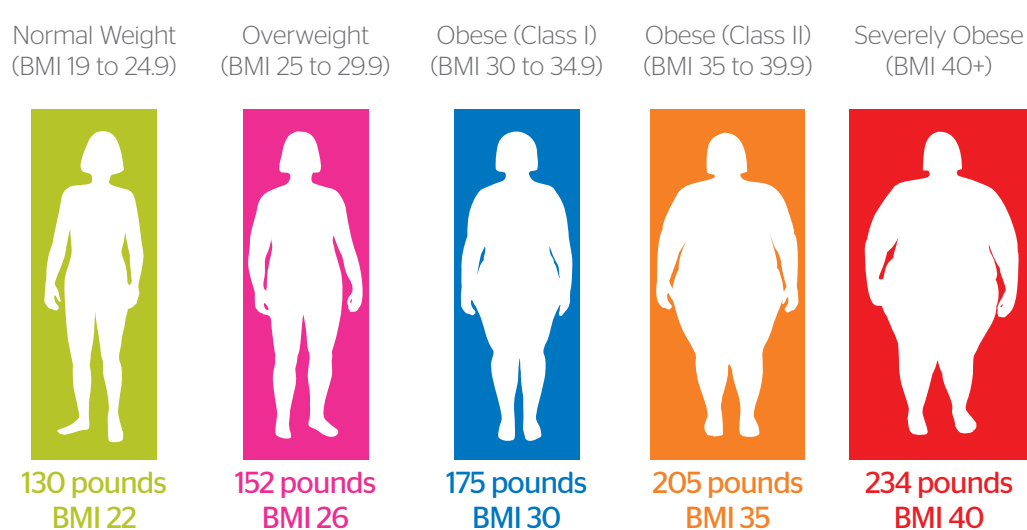


# Understanding Body Mass Index

BMI calculates the relationship of weight to height. BMI indicates if you are overweight or at a healthy weight.

- <18.5 is considered underweight
- 18.5 to 24.9 is considered healthy
- 25 to 29.9 is considered overweight
- 30 to 34.9 is considered Class I obesity
- 35 to 39.9 is considered Class II obesity
- ≥40 is considered severe obesity

These pictures show what a woman who is 5'4" would look like at various weight and body mass index (BMI) categories



Source: Adapted from Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report