

Table 3
BMI Values

Height	Minimal risk (BMI under 25)	Moderate risk (BMI 25-29.9) Overweight	High risk (BMI 30 and above) Obese
4'10"	118 lbs. or less	119-142 lbs.	143 lbs. or more
4'11"	123 or less	124-147	148 or more
5'0	127 or less	128-152	153 or more
5'1"	131 or less	132-157	158 or more
5'2"	135 or less	136-163	164 or more
5'3"	140 or less	141-168	169 or more
5'4"	144 or less	145-173	174 or more
5'5"	149 or less	150-179	180 or more
5'6"	154 or less	155-185	186 or more
5'7"	158 or less	159-180	191 or more
5'8"	163 or less	164-196	197 or more
5'9"	168 or less	169-202	203 or more
5'10"	173 or less	174-208	209 or more
5'11"	178 or less	179-214	215 or more
6'0	183 or less	184-220	221 or more
6'1"	188 or less	189-226	227 or more
6'2"	193 or less	194-232	233 or more
6'3"	199 or less	200-239	240 or more
6'4"	204 or less	205-245	246 or more

Source: <http://www.americanheart.org/presenter.jhtml?identifier=4489>
Accessed on 2-20-08