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BMI Table: Body Mass Index Chart by Height and Weight

Stand: 17. Oktober 2026 · Online mit Erklärungen und Rechner: https://tabelle.net/bmi-table

This BMI table shows the body mass index for adults at a glance – in metric units (150 to 200 cm, 45 to 130 kg) and in imperial units (4 ft 10 in to 6 ft 4 in, 100 to 290 lb). Find your height in the left column and follow the row to your weight: the number in that cell is your BMI. The colour shows the WHO category. A healthy weight ranges from a BMI of 18.5 to 24.9.

Healthy weight: BMI 18.5 – 24.9 · Overweight: BMI 25 or more · Obesity: BMI 30 or more · Formula: kg ÷ m²

BMI table in metric units: height (rows) and weight (columns)

Height	45 kg	50 kg	55 kg	60 kg	65 kg	70 kg	75 kg	80 kg	85 kg	90 kg	95 kg	100 kg	105 kg	110 kg	115 kg	120 kg	125 kg	130 kg
1.50 m	20.0	22.2	24.4	26.7	28.9	31.1	33.3	35.6	37.8	**40.0**	**42.2**	**44.4**	**46.7**	**48.9**	**51.1**	**53.3**	**55.6**	**57.8**
1.55 m	18.7	20.8	22.9	25.0	27.1	29.1	31.2	33.3	35.4	37.5	39.5	**41.6**	**43.7**	**45.8**	**47.9**	**49.9**	**52.0**	**54.1**
1.60 m	17.6	19.5	21.5	23.4	25.4	27.3	29.3	31.2	33.2	35.2	37.1	39.1	**41.0**	**43.0**	**44.9**	**46.9**	**48.8**	**50.8**
1.65 m	16.5	18.4	20.2	22.0	23.9	25.7	27.5	29.4	31.2	33.1	34.9	36.7	38.6	**40.4**	**42.2**	**44.1**	**45.9**	**47.8**
1.70 m	15.6	17.3	19.0	20.8	22.5	24.2	26.0	27.7	29.4	31.1	32.9	34.6	36.3	38.1	39.8	**41.5**	**43.3**	**45.0**
1.75 m	14.7	16.3	18.0	19.6	21.2	22.9	24.5	26.1	27.8	29.4	31.0	32.7	34.3	35.9	37.6	39.2	**40.8**	**42.4**
1.80 m	13.9	15.4	17.0	18.5	20.1	21.6	23.1	24.7	26.2	27.8	29.3	30.9	32.4	34.0	35.5	37.0	38.6	**40.1**
1.85 m	13.1	14.6	16.1	17.5	19.0	20.5	21.9	23.4	24.8	26.3	27.8	29.2	30.7	32.1	33.6	35.1	36.5	38.0
1.90 m	12.5	13.9	15.2	16.6	18.0	19.4	20.8	22.2	23.5	24.9	26.3	27.7	29.1	30.5	31.9	33.2	34.6	36.0
1.95 m	11.8	13.1	14.5	15.8	17.1	18.4	19.7	21.0	22.4	23.7	25.0	26.3	27.6	28.9	30.2	31.6	32.9	34.2
2.00 m	11.3	12.5	13.8	15.0	16.3	17.5	18.8	20.0	21.3	22.5	23.8	25.0	26.3	27.5	28.8	30.0	31.3	32.5

Underweight | Healthy weight | Overweight | Obesity class I | Obesity class II | Obesity class III

BMI rounded to one decimal place.

BMI table in imperial units: height in feet and inches (rows), weight in pounds (columns)

Height	100 lb	110 lb	120 lb	130 lb	140 lb	150 lb	160 lb	170 lb	180 lb	190 lb	200 lb	210 lb	220 lb	230 lb	240 lb	250 lb	260 lb	270 lb	280 lb	290 lb
4 ft 10 in	20.9	23.0	25.1	27.2	29.3	31.3	33.4	35.5	37.6	39.7	**41.8**	**43.9**	**46.0**	**48.1**	**50.2**	**52.2**	**54.3**	**56.4**	**58.5**	**60.6**
4 ft 11 in	20.2	22.2	24.2	26.3	28.3	30.3	32.3	34.3	36.4	38.4	**40.4**	**42.4**	**44.4**	**46.5**	**48.5**	**50.5**	**52.5**	**54.5**	**56.6**	**58.6**
5 ft 0 in	19.5	21.5	23.4	25.4	27.3	29.3	31.2	33.2	35.2	37.1	39.1	**41.0**	**43.0**	**44.9**	**46.9**	**48.8**	**50.8**	**52.7**	**54.7**	**56.6**
5 ft 1 in	18.9	20.8	22.7	24.6	26.5	28.3	30.2	32.1	34.0	35.9	37.8	39.7	**41.6**	**43.5**	**45.3**	**47.2**	**49.1**	**51.0**	**52.9**	**54.8**
5 ft 2 in	18.3	20.1	21.9	23.8	25.6	27.4	29.3	31.1	32.9	34.8	36.6	38.4	**40.2**	**42.1**	**43.9**	**45.7**	**47.6**	**49.4**	**51.2**	**53.0**
5 ft 3 in	17.7	19.5	21.3	23.0	24.8	26.6	28.3	30.1	31.9	33.7	35.4	37.2	39.0	**40.7**	**42.5**	**44.3**	**46.1**	**47.8**	**49.6**	**51.4**
5 ft 4 in	17.2	18.9	20.6	22.3	24.0	25.7	27.5	29.2	30.9	32.6	34.3	36.0	37.8	39.5	**41.2**	**42.9**	**44.6**	**46.3**	**48.1**	**49.8**
5 ft 5 in	16.6	18.3	20.0	21.6	23.3	25.0	26.6	28.3	30.0	31.6	33.3	34.9	36.6	38.3	39.9	**41.6**	**43.3**	**44.9**	**46.6**	**48.3**
5 ft 6 in	16.1	17.8	19.4	21.0	22.6	24.2	25.8	27.4	29.1	30.7	32.3	33.9	35.5	37.1	38.7	**40.4**	**42.0**	**43.6**	**45.2**	**46.8**
5 ft 7 in	15.7	17.2	18.8	20.4	21.9	23.5	25.1	26.6	28.2	29.8	31.3	32.9	34.5	36.0	37.6	39.2	**40.7**	**42.3**	**43.9**	**45.4**
5 ft 8 in	15.2	16.7	18.2	19.8	21.3	22.8	24.3	25.8	27.4	28.9	30.4	31.9	33.5	35.0	36.5	38.0	39.5	**41.1**	**42.6**	**44.1**
5 ft 9 in	14.8	16.2	17.7	19.2	20.7	22.2	23.6	25.1	26.6	28.1	29.5	31.0	32.5	34.0	35.4	36.9	38.4	39.9	**41.3**	**42.8**
5 ft 10 in	14.3	15.8	17.2	18.7	20.1	21.5	23.0	24.4	25.8	27.3	28.7	30.1	31.6	33.0	34.4	35.9	37.3	38.7	**40.2**	**41.6**
5 ft 11 in	13.9	15.3	16.7	18.1	19.5	20.9	22.3	23.7	25.1	26.5	27.9	29.3	30.7	32.1	33.5	34.9	36.3	37.7	39.1	**40.4**
6 ft 0 in	13.6	14.9	16.3	17.6	19.0	20.3	21.7	23.1	24.4	25.8	27.1	28.5	29.8	31.2	32.5	33.9	35.3	36.6	38.0	39.3
6 ft 1 in	13.2	14.5	15.8	17.2	18.5	19.8	21.1	22.4	23.7	25.1	26.4	27.7	29.0	30.3	31.7	33.0	34.3	35.6	36.9	38.3
6 ft 2 in	12.8	14.1	15.4	16.7	18.0	19.3	20.5	21.8	23.1	24.4	25.7	27.0	28.2	29.5	30.8	32.1	33.4	34.7	35.9	37.2
6 ft 3 in	12.5	13.7	15.0	16.2	17.5	18.7	20.0	21.2	22.5	23.7	25.0	26.2	27.5	28.7	30.0	31.2	32.5	33.7	35.0	36.2
6 ft 4 in	12.2	13.4	14.6	15.8	17.0	18.3	19.5	20.7	21.9	23.1	24.3	25.6	26.8	28.0	29.2	30.4	31.6	32.9	34.1	35.3

Same colours as above. Calculated with the exact conversion factors 1 lb = 0.45359237 kg and 1 in = 2.54 cm, rounded to one decimal place.

WHO BMI classification for adults

Category	BMI (kg/m²)	Risk of co-morbidities (WHO)
Underweight	below 18.5	low (but risk of other clinical problems increased)
Healthy weight (normal range)	18.5 – 24.9	average
Pre-obese (overweight)	25.0 – 29.9	increased
Obesity class I	30.0 – 34.9	moderate
Obesity class II	35.0 – 39.9	severe
Obesity class III	40.0 or more	very severe

Quellen

• WHO: Obesity and overweight – fact sheet – https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight
• WHO Technical Report Series 894: Obesity – preventing and managing the global epidemic – https://iris.who.int/handle/10665/42330
• CDC: Adult BMI categories – https://www.cdc.gov/bmi/adult-calculator/bmi-categories.html
• CDC: Calculating BMI (metric and US customary formula) – https://www.cdc.gov/growth-chart-training/hcp/using-bmi/calculating-bmi.html
• NICE guideline NG246: Overweight and obesity management, recommendations 1.9.10–1.9.15 – https://www.nice.org.uk/guidance/ng246/chapter/Identifying-and-assessing-overweight-obesity-and-central-adiposity
• WHO Expert Consultation (2004): Appropriate body-mass index for Asian populations, The Lancet 363 – https://doi.org/10.1016/S0140-6736(03)15268-3

This BMI table is for general information for adults and does not replace medical advice.