

IDEAL WEIGHT BASED ON BODY MASS INDEX (BMI)

Instructions: Look up your height from any of the 2 columns on the left and check the Ideal weight range for that height from the columns on the right side. Use the “Asia-Pacific” column if you come from Southeast Asia, China, Taiwan, Japan, or Korea, or if your descend from these countries. Otherwise use the “International” column.

height in feet	height in cm	Asia-Pacific ¹		International ²	
		(BMI = 18.5 kg/m ² –22.9kg/m ²)		(BMI = 18.5 kg/m ² –24.9 kg/m ²)	
		Ideal Weight in Kilograms		Ideal Weight in Kilograms	
4' 10"	147.3	40.1	to 49.7	40.1	to 54.0
4' 11"	149.9	41.6	to 51.5	41.6	to 56.0
5' 0"	152.4	43.0	to 53.2	43.0	to 57.8
5' 1"	154.9	44.4	to 54.9	44.4	to 59.7
5' 2"	157.5	45.9	to 56.8	45.9	to 61.8
5' 3"	160.0	47.4	to 58.6	47.4	to 63.7
5' 4"	162.6	48.9	to 60.5	48.9	to 65.8
5' 5"	165.1	50.4	to 62.4	50.4	to 67.9
5' 6"	167.6	52.0	to 64.3	52.0	to 69.9
5' 7"	170.2	53.6	to 66.3	53.6	to 72.1
5' 8"	172.2	54.9	to 67.9	54.9	to 73.8
5' 9"	175.3	56.9	to 70.4	56.9	to 76.5
5' 10"	177.8	58.5	to 72.4	58.5	to 78.7
5' 11"	180.3	60.1	to 74.4	60.1	to 80.9
6' 0"	182.9	61.9	to 76.6	61.9	to 83.3
6' 1"	185.4	63.6	to 78.7	63.6	to 85.6
6' 2"	188.0	65.4	to 80.9	65.4	to 88.0
6' 3"	190.5	67.1	to 83.1	67.1	to 90.4

Notes:

- 1) To convert kilograms to pounds, just multiply the kilogram value by 2.2. To convert pounds to kilograms, just divide the pounds value by 2.2.
- 2) If you are using centimeters for the height, choose the value closest to your height.

References:

¹ Pan WH, Yeh WT. How to define obesity? Evidence-based multiple action points for public awareness, screening, and treatment: an extension of Asian-Pacific recommendations. Asia Pac J Clin Nutr. 2008;17(3):370–374.

² https://www.who.int/gho/ncd/risk_factors/bmi_text/en/ Accessed on 17 April 2020