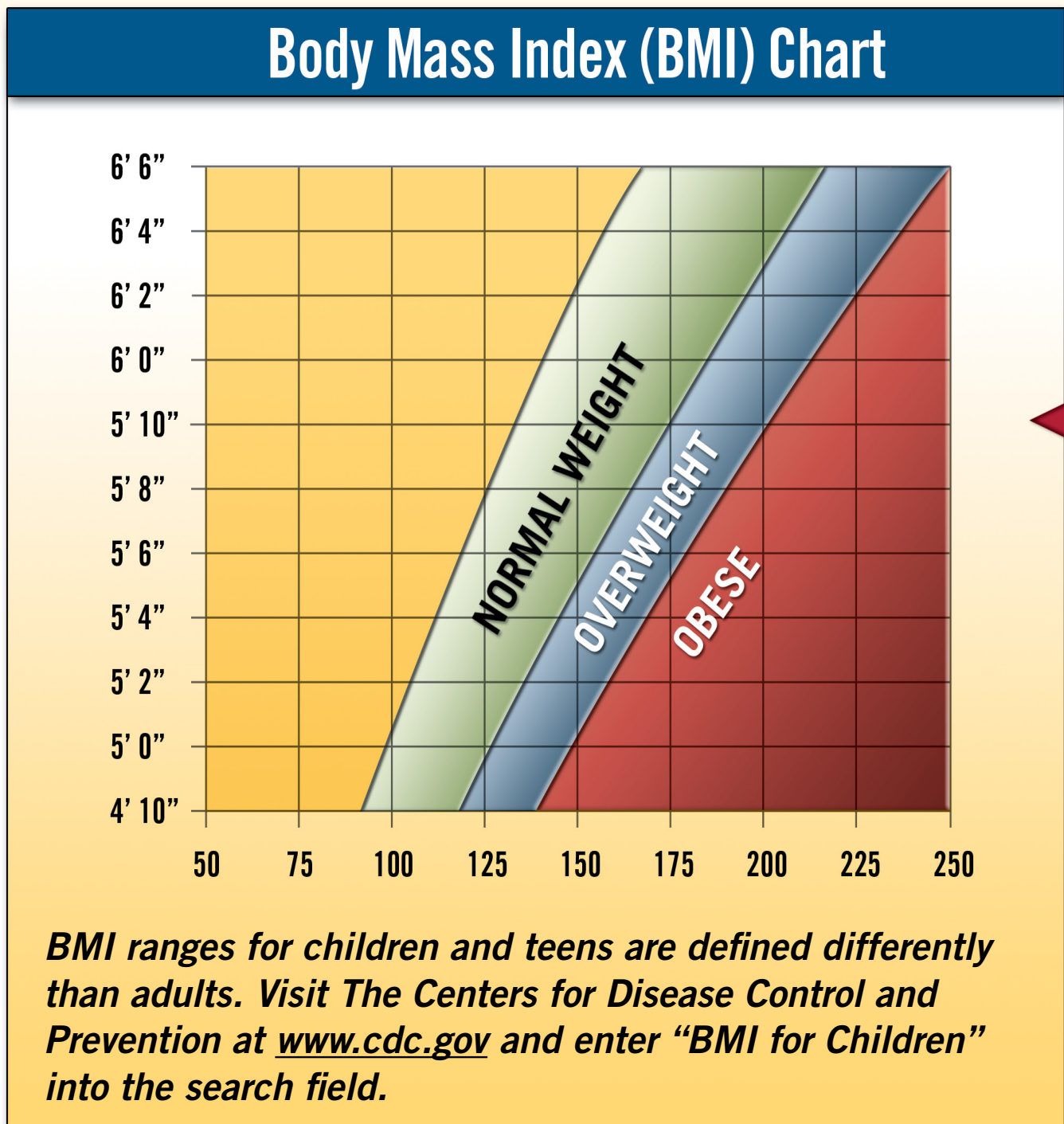# Is Your Weight in the Healthy Range?

Body Mass Index (BMI) is an effective way to determine if you are overweight.

Body Mass Index (BMI) Chart

Use the following BMI chart to find your healthy weight or calculate your own.

BMI ranges for children and teens are defined differently than adults. Visit The Centers for Disease Control and Prevention at www.cdc.gov and enter "BMI for Children" into the search field.

Body Mass Index (BMI) Chart

Your BMI is determined by a calculation of your weight and height.

$$BMI = \left(\frac{\text{weight in pounds}}{\text{(height in inches)} \times \text{(height in inches)}} \right) \times 703$$

BMI	WEIGHT STATUS
Below 18.5	Underweight
18.5 - 24.9	Normal
25.0 - 29.9	Overweight
30.0 +	Obese