

# Children's BMI Tables\*

| BMI | 13  | 14  | 15  | 16  | 17  | 18  | 19  | 20  | 21  | 22  | 23  | 24  | 25  | 26  | 27  | 28  | 29  | 30  | 31  | 32  | 33  | 34  | 35  | 36  |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 33  | 20  | 21  | 23  | 24  | 26  | 27  | 29  | 30  | 32  | 34  | 35  | 37  | 38  | 40  | 41  | 43  | 44  | 46  | 48  | 49  | 51  | 52  | 54  | 55  |
| 34  | 21  | 23  | 24  | 26  | 27  | 29  | 31  | 32  | 34  | 36  | 37  | 39  | 41  | 42  | 44  | 46  | 47  | 49  | 50  | 52  | 54  | 55  | 57  | 59  |
| 35  | 22  | 24  | 26  | 27  | 29  | 31  | 33  | 34  | 36  | 38  | 40  | 41  | 43  | 45  | 47  | 48  | 50  | 52  | 54  | 55  | 57  | 59  | 60  | 62  |
| 36  | 23  | 25  | 27  | 29  | 31  | 33  | 35  | 36  | 38  | 40  | 42  | 44  | 46  | 47  | 49  | 51  | 53  | 55  | 57  | 58  | 60  | 62  | 64  | 66  |
| 37  | 25  | 27  | 29  | 31  | 33  | 35  | 37  | 38  | 40  | 42  | 44  | 46  | 48  | 50  | 52  | 54  | 56  | 58  | 60  | 62  | 64  | 66  | 68  | 70  |
| 38  | 26  | 28  | 30  | 32  | 34  | 36  | 39  | 41  | 43  | 45  | 47  | 49  | 51  | 53  | 55  | 57  | 59  | 61  | 63  | 65  | 67  | 69  | 71  | 73  |
| 39  | 28  | 30  | 32  | 34  | 36  | 38  | 41  | 43  | 45  | 47  | 49  | 51  | 54  | 56  | 58  | 60  | 62  | 64  | 67  | 69  | 71  | 73  | 75  | 77  |
| 40  | 29  | 31  | 34  | 36  | 38  | 40  | 43  | 45  | 47  | 50  | 52  | 54  | 56  | 59  | 61  | 63  | 66  | 68  | 70  | 72  | 75  | 77  | 79  | 81  |
| 41  | 31  | 33  | 35  | 38  | 40  | 43  | 45  | 47  | 50  | 52  | 54  | 57  | 59  | 62  | 64  | 66  | 69  | 71  | 74  | 76  | 78  | 81  | 83  | 86  |
| 42  | 32  | 35  | 37  | 40  | 42  | 45  | 47  | 50  | 52  | 55  | 57  | 60  | 62  | 65  | 67  | 70  | 72  | 75  | 77  | 80  | 82  | 85  | 87  | 90  |
| 43  | 34  | 36  | 39  | 42  | 44  | 47  | 49  | 52  | 55  | 57  | 60  | 63  | 65  | 68  | 71  | 73  | 76  | 78  | 81  | 84  | 86  | 89  | 92  | 94  |
| 44  | 35  | 38  | 41  | 44  | 46  | 49  | 52  | 55  | 57  | 60  | 63  | 66  | 68  | 71  | 74  | 77  | 79  | 82  | 85  | 88  | 90  | 93  | 96  | 99  |
| 45  | 37  | 40  | 43  | 46  | 48  | 51  | 54  | 57  | 60  | 63  | 66  | 69  | 72  | 74  | 77  | 80  | 83  | 86  | 89  | 92  | 95  | 97  | 100 | 103 |
| 46  | 39  | 42  | 45  | 48  | 51  | 54  | 57  | 60  | 63  | 66  | 69  | 72  | 75  | 78  | 81  | 84  | 87  | 90  | 93  | 96  | 99  | 102 | 105 | 108 |
| 47  | 40  | 43  | 47  | 50  | 53  | 56  | 59  | 62  | 65  | 69  | 72  | 75  | 78  | 81  | 84  | 87  | 91  | 94  | 97  | 100 | 103 | 106 | 109 | 113 |
| 48  | 42  | 45  | 49  | 52  | 55  | 58  | 62  | 65  | 68  | 72  | 75  | 78  | 81  | 85  | 88  | 91  | 95  | 98  | 101 | 104 | 108 | 111 | 114 | 117 |
| 49  | 44  | 47  | 51  | 54  | 58  | 61  | 64  | 68  | 71  | 75  | 78  | 81  | 85  | 88  | 92  | 95  | 99  | 102 | 105 | 109 | 112 | 116 | 119 | 122 |
| 50  | 46  | 49  | 53  | 56  | 60  | 64  | 67  | 71  | 74  | 78  | 81  | 85  | 88  | 92  | 96  | 99  | 103 | 106 | 110 | 113 | 117 | 120 | 124 | 128 |
| 51  | 48  | 51  | 55  | 59  | 62  | 66  | 70  | 73  | 77  | 81  | 85  | 88  | 92  | 96  | 99  | 103 | 107 | 110 | 114 | 118 | 122 | 125 | 129 | 133 |
| 52  | 50  | 53  | 57  | 61  | 65  | 69  | 73  | 76  | 80  | 84  | 88  | 92  | 96  | 100 | 103 | 107 | 111 | 115 | 119 | 123 | 126 | 130 | 134 | 138 |
| 53  | 51  | 55  | 59  | 63  | 67  | 71  | 75  | 79  | 83  | 87  | 91  | 95  | 99  | 103 | 107 | 111 | 115 | 119 | 123 | 127 | 131 | 135 | 139 | 143 |
| 54  | 53  | 58  | 62  | 66  | 70  | 74  | 78  | 82  | 87  | 91  | 95  | 99  | 103 | 107 | 111 | 116 | 120 | 124 | 128 | 132 | 136 | 141 | 145 | 149 |
| 55  | 55  | 60  | 64  | 68  | 73  | 77  | 81  | 86  | 90  | 94  | 98  | 103 | 107 | 111 | 116 | 120 | 124 | 129 | 133 | 137 | 141 | 146 | 150 | 154 |
| 56  | 57  | 62  | 66  | 71  | 75  | 80  | 84  | 89  | 93  | 98  | 102 | 107 | 111 | 115 | 120 | 124 | 129 | 133 | 138 | 142 | 147 | 151 | 156 | 160 |
| 57  | 60  | 64  | 69  | 73  | 78  | 83  | 87  | 92  | 97  | 101 | 106 | 110 | 115 | 120 | 124 | 129 | 134 | 138 | 143 | 147 | 152 | 157 | 161 | 166 |
| 58  | 62  | 66  | 71  | 76  | 81  | 86  | 90  | 95  | 100 | 105 | 110 | 114 | 119 | 124 | 129 | 133 | 138 | 143 | 148 | 153 | 157 | 162 | 167 | 172 |
| 59  | 64  | 69  | 74  | 79  | 84  | 89  | 94  | 99  | 103 | 108 | 113 | 118 | 123 | 128 | 133 | 138 | 143 | 148 | 153 | 158 | 163 | 168 | 173 | 178 |
| 60  | 66  | 71  | 76  | 81  | 87  | 92  | 97  | 102 | 107 | 112 | 117 | 122 | 128 | 133 | 138 | 143 | 148 | 153 | 158 | 163 | 168 | 174 | 179 | 184 |
| 61  | 68  | 74  | 79  | 84  | 89  | 95  | 100 | 105 | 111 | 116 | 121 | 127 | 132 | 137 | 142 | 148 | 153 | 158 | 164 | 169 | 174 | 179 | 185 | 190 |
| 62  | 71  | 76  | 82  | 87  | 92  | 98  | 103 | 109 | 114 | 120 | 125 | 131 | 136 | 142 | 147 | 153 | 158 | 164 | 169 | 174 | 180 | 185 | 191 | 196 |
| 63  | 73  | 79  | 84  | 90  | 95  | 101 | 107 | 112 | 118 | 124 | 129 | 135 | 141 | 146 | 152 | 158 | 163 | 169 | 175 | 180 | 186 | 191 | 197 | 203 |
| 64  | 75  | 81  | 87  | 93  | 99  | 104 | 110 | 116 | 122 | 128 | 134 | 139 | 145 | 151 | 157 | 163 | 168 | 174 | 180 | 186 | 192 | 198 | 203 | 209 |
| 65  | 78  | 84  | 90  | 96  | 102 | 108 | 114 | 120 | 126 | 132 | 138 | 144 | 150 | 156 | 162 | 168 | 174 | 180 | 186 | 192 | 198 | 204 | 210 | 216 |
| 66  | 80  | 86  | 92  | 99  | 105 | 111 | 117 | 123 | 130 | 136 | 142 | 148 | 154 | 161 | 167 | 173 | 179 | 185 | 192 | 198 | 204 | 210 | 216 | 223 |
| 67  | 83  | 89  | 95  | 102 | 108 | 114 | 121 | 127 | 134 | 140 | 146 | 153 | 159 | 166 | 172 | 178 | 185 | 191 | 197 | 204 | 210 | 217 | 223 | 229 |
| 68  | 85  | 92  | 98  | 105 | 111 | 118 | 124 | 131 | 138 | 144 | 151 | 157 | 164 | 171 | 177 | 184 | 190 | 197 | 203 | 210 | 217 | 223 | 230 | 236 |
| 69  | 88  | 94  | 101 | 108 | 115 | 121 | 128 | 135 | 142 | 148 | 155 | 162 | 169 | 176 | 182 | 189 | 196 | 203 | 209 | 216 | 223 | 230 | 237 | 243 |
| 70  | 90  | 97  | 104 | 111 | 118 | 125 | 132 | 139 | 146 | 153 | 160 | 167 | 174 | 181 | 188 | 195 | 202 | 209 | 216 | 223 | 230 | 236 | 243 | 250 |
| 71  | 93  | 100 | 107 | 114 | 121 | 129 | 136 | 143 | 150 | 157 | 164 | 172 | 179 | 186 | 193 | 200 | 207 | 215 | 222 | 229 | 236 | 243 | 250 | 258 |
| 72  | 95  | 103 | 110 | 117 | 125 | 132 | 140 | 147 | 154 | 162 | 169 | 176 | 184 | 191 | 199 | 206 | 213 | 221 | 228 | 235 | 243 | 250 | 258 | 265 |
| 73  | 98  | 106 | 113 | 121 | 128 | 136 | 144 | 151 | 159 | 166 | 174 | 181 | 189 | 197 | 204 | 212 | 219 | 227 | 234 | 242 | 250 | 257 | 265 | 272 |
| 74  | 101 | 109 | 116 | 124 | 132 | 140 | 148 | 155 | 163 | 171 | 179 | 186 | 194 | 202 | 210 | 218 | 225 | 233 | 241 | 249 | 257 | 264 | 272 | 280 |
| 75  | 104 | 112 | 120 | 128 | 136 | 144 | 152 | 160 | 168 | 176 | 184 | 192 | 200 | 208 | 216 | 224 | 232 | 240 | 248 | 256 | 264 | 272 | 280 | 288 |
| 76  | 106 | 115 | 123 | 131 | 139 | 147 | 156 | 164 | 172 | 180 | 188 | 197 | 205 | 213 | 221 | 230 | 238 | 246 | 254 | 262 | 271 | 279 | 287 | 295 |
| 77  | 109 | 118 | 126 | 134 | 143 | 151 | 160 | 168 | 177 | 185 | 193 | 202 | 210 | 219 | 227 | 236 | 244 | 253 | 261 | 269 | 278 | 286 | 295 | 303 |
| 78  | 112 | 121 | 129 | 138 | 147 | 155 | 164 | 173 | 181 | 190 | 199 | 207 | 216 | 225 | 233 | 242 | 250 | 259 | 268 | 276 | 285 | 294 | 302 | 311 |

Weight (pounds)

\*To use the table, find the appropriate height in the left-hand column labeled **Height**. Move across to a given **Weight**. The number at the top of the column is the **BMI** at that height and weight. Pounds have been rounded off.