



Am I a healthy weight?

To assess the risk excess body weight may present to your health, your doctor or health professional may want to measure your weight, height and/or your waist circumference.

Weight and height are used to calculate body mass index (BMI). Body mass index, waist circumference and the presence of other risk factors help evaluate your overall health risk.

Waist circumference

- For women, waist circumference should be less than 90 cm
- For men, waist circumference should be less than 100 cm

Women

Less than 90 cm

Men

Less than 100 cm

Body mass index (BMI)

- Body mass index is calculated by dividing weight in kilograms by height in metres squared

$$\text{BMI} = \frac{\text{Weight in kg}}{(\text{Height in metres})^2}$$

- The table below has done the maths and conversions.

To use the BMI table

- Find your height in the left-hand column
- Move across the row to the figure nearest your weight (kilograms have been rounded off)
- The number at the top of the column is the BMI for that height and weight

		BODY MASS INDEX																	
		18.5	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
		WEIGHT IN KILOGRAMS																	
HEIGHT IN METRES	1.50	42	43	45	47	50	52	54	56	59	61	63	65	68	70	72	74	77	79
	1.55	44	46	48	50	53	55	58	60	62	65	67	70	72	74	77	79	82	84
	1.60	47	49	51	54	56	59	61	64	67	69	72	74	77	79	82	84	87	90
	1.65	50	52	54	57	60	63	65	68	71	74	76	79	82	84	87	90	93	95
	1.70	53	55	58	61	64	66	69	72	75	78	81	84	87	90	92	95	98	101
	1.75	57	58	61	64	67	70	74	77	80	83	86	89	92	95	98	101	104	107
	1.80	60	62	65	68	71	75	78	81	84	87	91	94	97	100	104	107	110	113
	1.85	63	65	68	72	75	79	82	86	89	92	96	99	103	106	110	113	116	120
	1.90	67	69	72	76	79	83	87	90	94	97	101	105	108	112	116	119	123	126
	1.95	70	72	76	80	84	87	91	95	99	103	106	110	114	118	122	125	129	133
		HEALTHY							OVERWEIGHT					OBESE					

Note: For Maori and Pacific people

- Extend the upper range for healthy weight to BMI of 26
- Extend the range for obesity to BMI of 32.

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