

Body mass index (BMI)

National Diabetes Information Clearinghouse (NDIC)

Source

National Diabetes Information Clearinghouse (U.S.). (2009). *The diabetes dictionary*. [Bethesda, Md.]: U.S. Dept. of Health and Human Services, National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases, National Diabetes Information Clearinghouse.

A measure used to evaluate body weight relative to a person's height. BMI is used to find out if a person is underweight, normal weight, overweight, or obese.

To find BMI: Multiply body weight in pounds by 703. Divide that number by height in inches. Divide that number by height in inches again. Find the resulting number below.



18 and below is underweight.



19 to 24 is normal.



25 to 29 is overweight.



30 and above is obese.