

#22 Looking Good and Feeling Good

Episode Description: LOOK good and FEEL good! Debunking the myths of weight-loss clinics and massage therapy! What keeps you from either using massage therapists or going to a weight-loss clinic if they both can make you look and feel great?

Obesity in the US

- Percent of adults age 20 years and over who are obese: 35.1% (2011-2012)
- Percent of adults age 20 years and over who are overweight, including obesity: 69.0% (2011-2012)

Table 64 (page 1 of 2). Selected health conditions and risk factors, by age: United States, selected years 1988–1994 through 2011–2012

Updated data when available, Excel, PDF, and standard errors: <http://www.cdc.gov/nchs/hus/contents2013.htm#064>.

[Data are based on interviews and physical examinations of a sample of the civilian noninstitutionalized population]

Health condition	1988–1994	1999–2000	2001–2002	2003–2004	2005–2006	2007–2008	2009–2010	2011–2012
Diabetes ¹								
Percent of adults aged 20 and over								
Total, age-adjusted ²	9.1	9.0	10.5	10.8	10.4	11.5	11.5	---
Total, crude	8.4	8.5	10.1	10.8	10.7	11.9	12.0	---
High cholesterol ³								
Total, age-adjusted ⁴	22.8	25.5	24.6	27.9	27.4	27.6	27.2	28.2
Total, crude	21.5	24.5	24.2	27.9	28.1	28.8	28.6	30.4
High serum total cholesterol ⁵								
Total, age-adjusted ⁴	20.8	18.3	16.5	16.9	15.6	14.2	13.2	12.7
Total, crude	19.6	17.7	16.4	17.0	15.9	14.6	13.6	13.1
Hypertension ⁶								
Total, age-adjusted ⁴	25.5	30.0	29.7	32.1	30.5	31.2	30.0	30.0
Total, crude	24.1	28.9	28.9	32.5	31.7	32.6	31.9	32.5
Uncontrolled high blood pressure among persons with hypertension ⁷								
Total, age-adjusted ⁴	77.2	71.9	68.3	63.8	63.0	56.2	55.7	54.6
Total, crude	73.9	69.1	65.4	60.8	56.6	51.8	46.7	48.0
Overweight (includes obesity) ⁸								
Total, age-adjusted ⁴	56.0	64.5	65.6	66.4	66.9	68.1	68.8	68.6
Total, crude	54.9	64.1	65.6	66.5	67.3	68.3	69.2	69.0
Obesity ⁹								
Total, age-adjusted ⁴	22.9	30.5	30.5	32.3	34.4	33.7	35.7	34.9
Total, crude	22.3	30.3	30.6	32.3	34.7	33.9	35.9	35.1
Untreated dental caries ¹⁰								
Total, age-adjusted ⁴	27.7	24.3	21.3	30.0	24.4	21.7	---	---
Total, crude	28.2	25.0	21.6	30.3	24.5	21.8	---	---
Obesity ¹¹								
Percent of persons under age 20								
2–5 years	7.2	10.3	10.6	14.0	11.0	10.1	12.1	8.4
6–11 years	11.3	15.1	16.3	18.8	15.1	19.6	18.0	17.7
12–19 years	10.5	14.8	16.7	17.4	17.8	18.1	18.4	20.5
Untreated dental caries ¹⁰								
6–19 years	23.6	22.7	20.6	25.2	---	16.9	14.3	---

See footnotes at end of table.

⁸ Excludes pregnant women. Overweight is defined as body mass index (BMI) greater than or equal to 25.

⁹ Excludes pregnant women. Obesity is defined as body mass index (BMI) greater than or equal to 30.

¹¹ Obesity is defined as body mass index (BMI) at or above the sex- and age-specific 95th percentile BMI cutoff points from the 2000 CDC growth charts for the United States: Methods and development.

Sources: [Obesity and Overweight \(CDC - FastStats\)](#); [Health, US, 2013 \(PDF\)](#)

- Percent of adolescents age 12-19 years who are obese: 18.4% (2009-2010)
- Percent of children age 6-11 years who are obese: 18.0% (2009-2010)
- Percent of children age 2-5 years who are obese: 12.1% (2009-2010)

BMI (Healthy weight, overweight, and obesity among adults aged 20 and over, by selected characteristics: United States, selected years 1960–1962 through 2009–2012)

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

<i>Sex, age, race and Hispanic origin¹, and percent of poverty level</i>	<i>Healthy weight (BMI from 18.5 to 24.9)²</i>						
	<i>1960–1962</i>	<i>1971–1974</i>	<i>1976–1980³</i>	<i>1988–1994</i>	<i>1999–2002</i>	<i>2003–2006</i>	<i>2009–2012</i>
20–74 years, age-adjusted ⁴							
Percent of population							
Both sexes ⁵	51.2	48.8	49.6	41.7	32.9	31.4	29.4
Male	48.3	43.0	45.4	37.9	30.2	26.1	26.1
Female	54.1	54.3	53.7	45.3	35.6	36.6	32.6
Not Hispanic or Latino:							
White only, male	---	---	45.3	37.4	29.5	26.5	26.3
White only, female	---	---	56.7	49.2	39.7	40.0	35.9
Black or African American only, male	---	---	46.6	40.0	35.5	26.8	27.5
Black or African American only, female	---	---	35.0	28.9	21.2	18.4	16.0
Mexican origin male	---	---	36.6	29.8	25.6	22.4	16.7
Mexican origin female	---	---	35.9	29.0	27.6	24.5	20.1
Percent of poverty level: ⁶							
Below 100%	---	45.8	45.1	37.3	32.4	31.7	---
100%–199%	---	45.1	47.6	39.2	29.7	31.1	---
200%–399%	---	48.3	50.1	41.9	29.5	29.4	---
400% or more	---	53.9	53.0	46.0	36.9	33.8	---
20 years and over, age-adjusted ⁴							
Both sexes ⁵	---	---	---	41.6	33.0	31.6	29.6
Male	---	---	---	37.9	30.2	26.6	26.2
Female	---	---	---	45.0	35.7	36.5	32.8
Not Hispanic or Latino:							
White only, male	---	---	---	37.3	29.6	26.8	26.2
White only, female	---	---	---	48.7	39.5	39.6	36.0
Black or African American only, male	---	---	---	40.1	34.7	27.0	28.0
Black or African American only, female	---	---	---	29.2	21.6	19.2	16.4
Mexican origin male	---	---	---	30.2	26.5	23.8	17.5
Mexican origin female	---	---	---	29.7	27.5	25.1	20.9
Percent of poverty level: ⁶							
Below 100%	---	---	---	37.5	32.7	32.1	---
100%–199%	---	---	---	39.3	30.5	31.3	---
200%–399%	---	---	---	41.8	29.6	29.7	---
400% or more	---	---	---	45.5	36.5	33.7	---
20 years and over, crude							
Both sexes ⁵	---	---	---	42.6	32.9	31.4	29.2
Male	---	---	---	39.4	30.4	26.6	26.2
Female	---	---	---	45.7	35.4	35.9	31.9
Not Hispanic or Latino:							
White only, male	---	---	---	38.2	29.2	26.2	25.6
White only, female	---	---	---	48.8	38.7	38.2	34.2
Black or African American only, male	---	---	---	41.5	35.9	27.1	28.5
Black or African American only, female	---	---	---	31.2	21.8	19.2	16.1
Mexican origin male	---	---	---	35.2	29.4	25.2	17.9
Mexican origin female	---	---	---	32.4	29.5	25.8	22.2
Percent of poverty level: ⁶							
Below 100%	---	---	---	39.8	34.5	33.2	---
100%–199%	---	---	---	41.5	31.5	31.7	---
200%–399%	---	---	---	42.9	29.7	29.6	---
400% or more	---	---	---	44.6	35.3	32.1	---
Male							
20–34 years	55.3	54.7	57.1	51.1	40.3	35.9	37.5
35–44 years	45.2	35.2	41.3	33.4	29.0	24.1	21.0
45–54 years	44.8	38.5	38.7	33.6	24.0	20.8	20.0
55–64 years	44.9	38.3	38.7	28.6	23.8	19.3	21.9
65–74 years	46.2	42.1	42.3	30.1	22.8	21.2	22.4
75 years and over	---	---	---	40.9	32.0	33.1	28.2
Female							
20–34 years	67.6	65.8	65.0	57.9	42.5	45.1	40.8
35–44 years	58.4	56.7	55.6	47.1	37.1	37.6	35.2
45–54 years	47.6	49.3	48.7	37.2	33.1	31.1	27.3
55–64 years	38.1	41.1	43.5	31.5	27.6	29.5	23.8
65–74 years	36.4	40.6	37.8	37.0	26.4	28.5	23.5
75 years and over	---	---	---	43.0	36.9	35.4	35.3

[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

<i>Sex, age, race and Hispanic origin¹, and percent of poverty level</i>	<i>Overweight (includes obesity; BMI greater than or equal to 25.0)²</i>						
	1960–1962	1971–1974	1976–1980 ³	1988–1994	1999–2002	2003–2006	2009–2012
20–74 years, age-adjusted ⁴							
Percent of population							
Both sexes ⁵	44.8	47.7	47.4	56.0	65.2	66.9	68.8
Male	49.5	54.7	52.9	61.0	68.8	72.6	73.0
Female	40.2	41.1	42.0	51.2	61.7	61.2	64.7
Not Hispanic or Latino:							
White only, male	---	---	53.4	61.6	69.5	72.1	73.2
White only, female	---	---	38.7	47.2	57.0	57.4	60.9
Black or African American only, male	---	---	51.3	58.2	62.0	72.0	70.7
Black or African American only, female	---	---	62.6	68.5	77.6	80.5	82.2
Mexican origin male	---	---	62.2	69.4	74.1	77.3	82.8
Mexican origin female	---	---	62.2	69.6	71.4	74.4	79.3
Percent of poverty level: ⁶							
Below 100%	---	49.3	50.0	59.8	65.2	66.0	---
100%–199%	---	50.9	49.0	58.2	68.0	66.6	---
200%–399%	---	48.4	47.3	56.0	68.7	69.3	---
400% or more	---	43.4	45.0	51.8	61.8	64.7	---
20 years and over, age-adjusted ⁴							
Both sexes ⁵	---	---	---	56.0	65.1	66.7	68.7
Male	---	---	---	60.9	68.8	72.1	72.9
Female	---	---	---	51.4	61.6	61.3	64.6
Not Hispanic or Latino:							
White only, male	---	---	---	61.6	69.4	71.8	73.2
White only, female	---	---	---	47.5	57.2	57.9	60.9
Black or African American only, male	---	---	---	57.8	62.6	71.6	70.2
Black or African American only, female	---	---	---	68.2	77.2	79.8	81.8
Mexican origin male	---	---	---	68.9	73.2	75.8	81.9
Mexican origin female	---	---	---	68.9	71.2	73.9	78.3
Percent of poverty level: ⁶							
Below 100%	---	---	---	59.6	64.7	65.7	---
100%–199%	---	---	---	58.0	67.3	66.5	---
200%–399%	---	---	---	56.0	68.6	69.0	---
400% or more	---	---	---	52.4	62.2	64.7	---
20 years and over, crude							
Both sexes ⁵	---	---	---	54.9	65.2	66.9	69.1
Male	---	---	---	59.4	68.6	72.1	72.9
Female	---	---	---	50.7	62.0	61.9	65.5
Not Hispanic or Latino:							
White only, male	---	---	---	60.6	69.9	72.5	73.8
White only, female	---	---	---	47.4	58.2	59.4	62.9
Black or African American only, male	---	---	---	56.7	61.7	71.6	69.6
Black or African American only, female	---	---	---	66.0	76.9	79.7	82.1
Mexican origin male	---	---	---	63.9	70.1	74.6	81.4
Mexican origin female	---	---	---	65.9	69.3	73.0	76.9
Percent of poverty level: ⁶							
Below 100%	---	---	---	56.8	62.5	64.4	---
100%–199%	---	---	---	55.7	66.2	66.0	---
200%–399%	---	---	---	54.9	68.5	69.0	---
400% or more	---	---	---	53.3	63.7	66.5	---
Male							
20–34 years	42.7	42.8	41.2	47.5	57.4	61.6	60.9
35–44 years	53.5	63.2	57.2	65.5	70.5	75.2	78.9
45–54 years	53.9	59.7	60.2	66.1	75.7	78.5	79.3
55–64 years	52.2	58.5	60.2	70.5	75.4	79.7	77.4
65–74 years	47.8	54.6	54.2	68.5	76.2	78.0	76.9
75 years and over	---	---	---	56.5	67.4	65.8	70.4
Female							
20–34 years	21.2	25.8	27.9	37.0	52.9	50.9	55.2
35–44 years	37.2	40.5	40.7	49.6	60.6	60.7	62.4
45–54 years	49.3	49.0	48.7	60.3	65.1	67.3	70.5
55–64 years	59.9	54.5	53.7	66.3	72.2	69.6	75.1
65–74 years	60.9	55.9	59.5	60.3	70.9	70.5	73.8
75 years and over	---	---	---	52.3	59.9	62.6	62.4

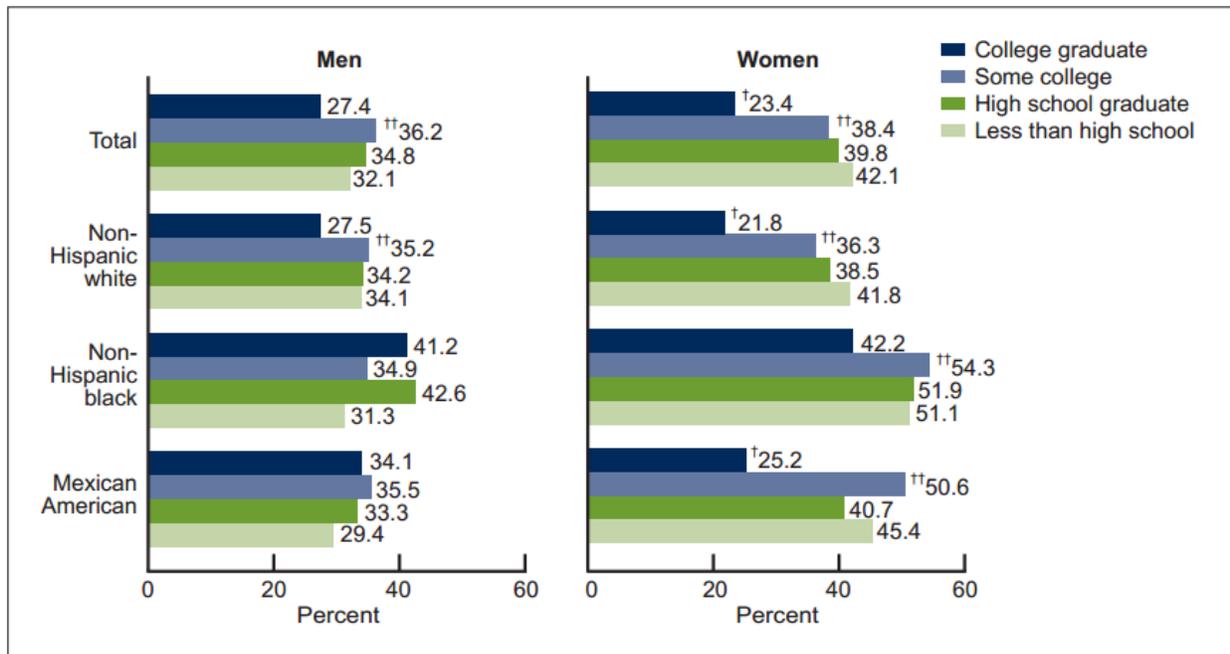
[Data are based on measured height and weight of a sample of the civilian noninstitutionalized population]

Sex, age, race and Hispanic origin ¹ , and percent of poverty level	Obesity (BMI greater than or equal to 30.0) ²						
	1960–1962	1971–1974	1976–1980 ³	1988–1994	1999–2002	2003–2006	2009–2012
20–74 years, age-adjusted ⁴							
Percent of population							
Both sexes ⁵	13.3	14.6	15.1	23.3	31.1	34.1	35.7
Male	10.7	12.2	12.8	20.6	28.1	33.1	35.1
Female	15.7	16.8	17.1	26.0	34.0	35.2	36.4
Not Hispanic or Latino:							
White only, male	---	---	12.4	20.7	28.7	33.0	34.8
White only, female	---	---	15.4	23.3	31.3	32.5	32.7
Black or African American only, male	---	---	16.5	21.3	27.9	36.3	38.8
Black or African American only, female	---	---	31.0	39.1	49.4	54.3	58.0
Mexican origin male	---	---	16.0	24.4	29.0	30.4	41.0
Mexican origin female	---	---	26.6	36.1	38.9	42.6	47.6
Percent of poverty level: ⁶							
Below 100%	---	20.7	21.9	29.2	36.0	35.9	---
100%–199%	---	18.4	18.7	26.6	35.4	36.7	---
200%–399%	---	13.7	14.1	23.2	33.0	36.9	---
400% or more	---	10.1	10.0	18.9	25.8	29.4	---
20 years and over, age-adjusted ⁴							
Both sexes ⁵	---	---	---	22.9	30.4	33.4	35.3
Male	---	---	---	20.2	27.5	32.4	34.6
Female	---	---	---	25.5	33.2	34.3	35.9
Not Hispanic or Latino:							
White only, male	---	---	---	20.3	28.0	32.4	34.4
White only, female	---	---	---	22.9	30.7	31.6	32.3
Black or African American only, male	---	---	---	20.9	27.8	35.7	38.1
Black or African American only, female	---	---	---	38.3	48.6	53.4	57.5
Mexican origin male	---	---	---	23.8	27.8	29.5	40.2
Mexican origin female	---	---	---	35.2	38.0	41.8	46.3
Percent of poverty level: ⁶							
Below 100%	---	---	---	28.1	34.7	35.0	---
100%–199%	---	---	---	26.1	34.1	35.9	---
200%–399%	---	---	---	22.7	32.1	35.7	---
400% or more	---	---	---	18.7	25.5	28.9	---
20 years and over, crude							
Both sexes ⁵	---	---	---	22.3	30.5	33.5	35.5
Male	---	---	---	19.5	27.5	32.4	34.6
Female	---	---	---	25.0	33.4	34.6	36.4
Not Hispanic or Latino:							
White only, male	---	---	---	19.9	28.4	32.6	34.7
White only, female	---	---	---	22.7	31.3	32.2	33.5
Black or African American only, male	---	---	---	20.7	27.5	35.8	37.9
Black or African American only, female	---	---	---	36.7	48.7	53.2	57.6
Mexican origin male	---	---	---	20.6	26.0	29.0	40.2
Mexican origin female	---	---	---	33.3	37.0	41.2	45.2
Percent of poverty level: ⁶							
Below 100%	---	---	---	25.9	33.0	34.6	---
100%–199%	---	---	---	24.3	32.8	35.0	---
200%–399%	---	---	---	22.1	31.8	35.5	---
400% or more	---	---	---	19.3	27.2	30.7	---
Male							
20–34 years	9.2	9.7	8.9	14.1	21.7	26.2	28.9
35–44 years	12.1	13.5	13.5	21.5	28.5	37.0	38.1
45–54 years	12.5	13.7	16.7	23.2	30.6	34.6	38.1
55–64 years	9.2	14.1	14.1	27.2	35.5	39.3	38.1
65–74 years	10.4	10.9	13.2	24.1	31.9	33.0	36.4
75 years and over	---	---	---	13.2	18.0	24.0	27.4
Female							
20–34 years	7.2	9.7	11.0	18.5	28.3	28.4	30.0
35–44 years	14.7	17.7	17.8	25.5	32.1	36.1	36.0
45–54 years	20.3	18.9	19.6	32.4	36.9	40.0	38.3
55–64 years	24.4	24.1	22.9	33.7	42.1	41.0	42.9
65–74 years	23.2	22.0	21.5	26.9	39.3	36.4	44.2
75 years and over	---	---	---	19.2	23.6	24.2	29.8

Source: <http://www.cdc.gov/nchs/data/hus/2013/069.pdf>

Obesity and Socioeconomic Status

Figure 3. Prevalence of obesity among adults aged 20 years and over, by education, sex, and race and ethnicity: United States 2005–2008



†Significant trend.

††Significantly different from college graduates.

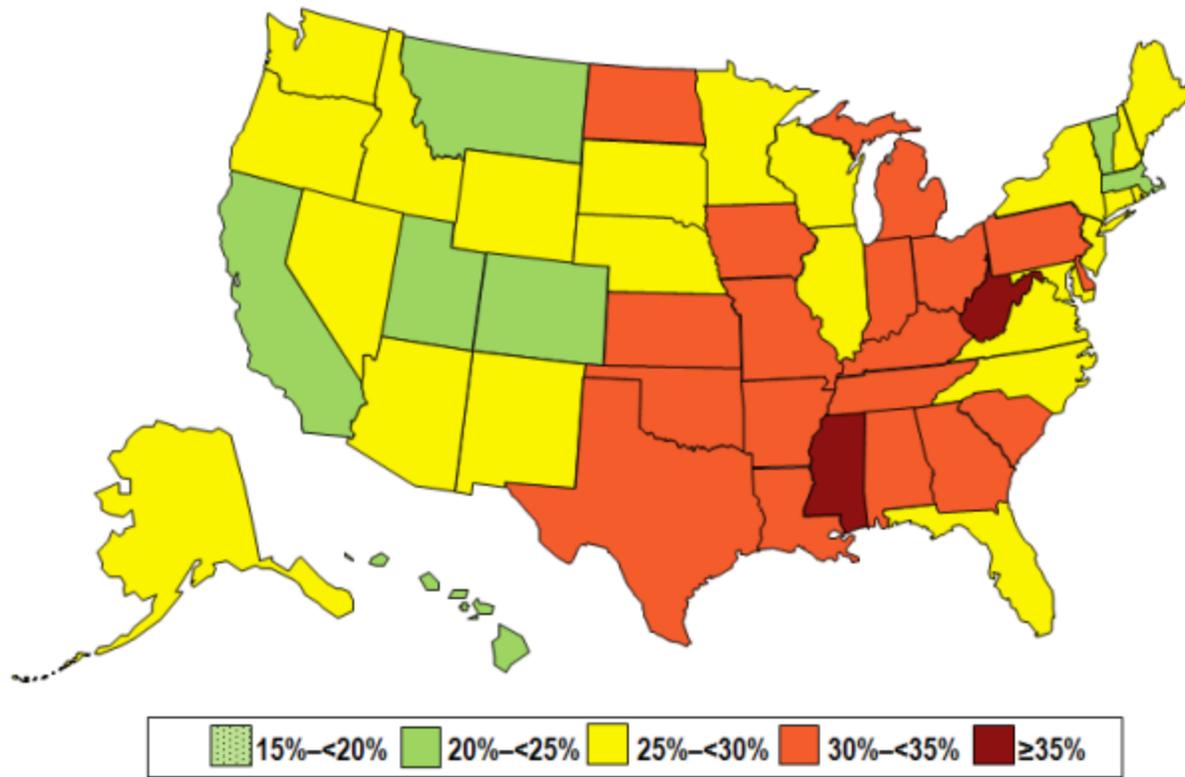
NOTE: Persons of other race and ethnicity included in total.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey, 2005–2008.

Among men, 27.4% of those with a college degree are obese compared with 32.1% of those with less than a high school education, although the difference is not statistically significant. Among women, 23.4% of those with a college degree are obese, significantly less than the 42.1% of women with less than a high school education. There is a threshold effect in both men and women, where the prevalence of obesity is significantly lower among those with college degrees compared with those with some college.

Source: [Obesity and Socioeconomic Status in Adults: United States, 2005–2008](#)

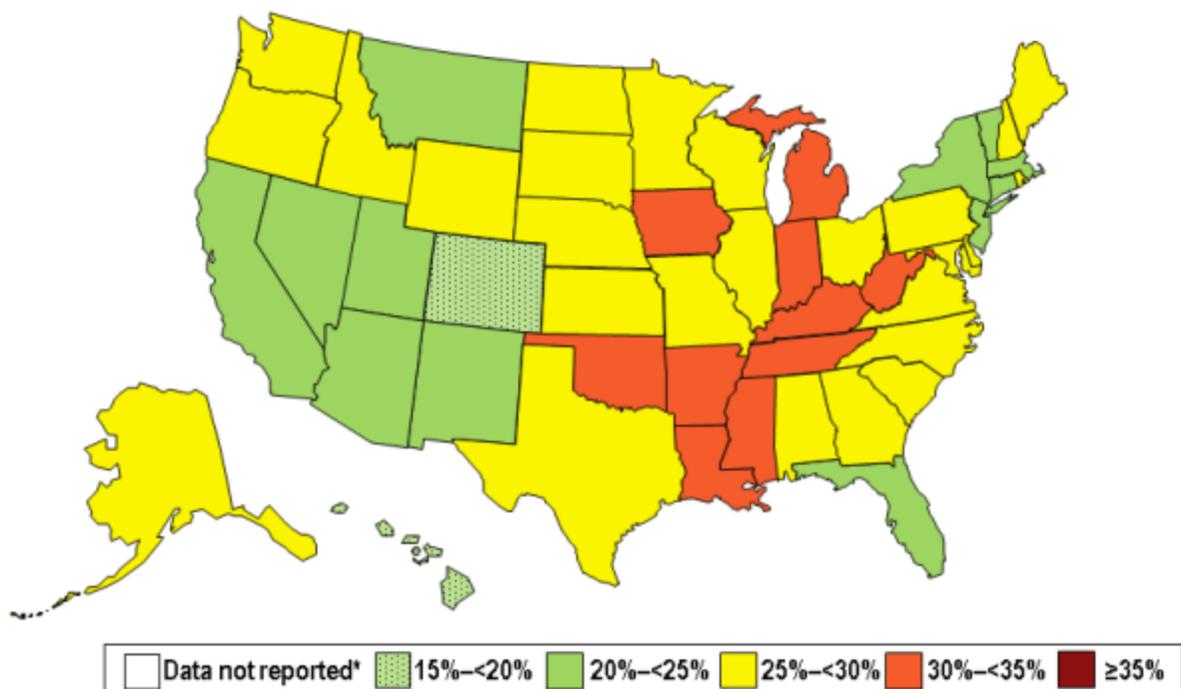
Prevalence* of Self-Reported Obesity Among U.S. Adults by State, BRFSS, 2013



Source: Behavioral Risk Factor Surveillance Systems, CDC.

Prevalence of Self-Reported Obesity Among Non-Hispanic White Adults by State, BRFSS, 2011-2013

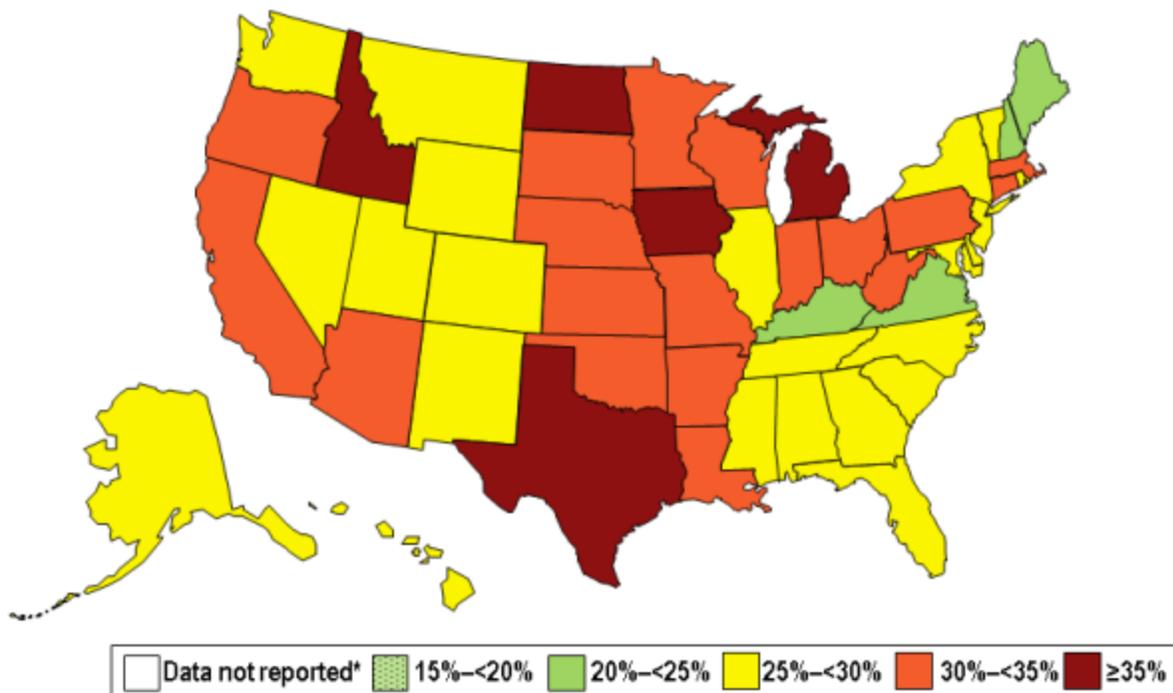
- 2 states (Colorado and Hawaii) and the District of Columbia had a prevalence of obesity less than 20%.
- 12 states had a prevalence of obesity between 20% and <25%.
- 26 states had a prevalence of obesity between 25% and <30%.
- 10 states had a prevalence of obesity between 30% and <35%.
- No state had a prevalence of obesity of 35% or greater.
- Higher prevalence of adults with obesity were found in the Midwest (28.7%) and the South (27.5%), followed by the Northeast (25.3%), and the West (23.4%).



Source: [Behavioral Risk Factor Surveillance System](#)

Prevalence of Self-Reported Obesity Among Hispanic Adults by State, BRFSS, 2011-2013

- The District of Columbia had a prevalence of obesity less than 20%.
- 4 states had a prevalence of obesity between 20% and <25%.
- 23 states had a prevalence of obesity between 25% and <30%.
- 18 states had a prevalence of obesity between 30% and <35%.
- 5 states had a prevalence of obesity of 35% or greater.
- Higher prevalence of adults with obesity were found in the Midwest (31.6%) and the South (31.2%), followed by the West (30.6%), and the Northeast (28.7%).



Source: [Behavioral Risk Factor Surveillance System](#)

Sources: <http://www.cdc.gov/obesity/data/table-hispanics.html>;
<http://www.cdc.gov/obesity/data/table-non-hispanic.html>; <http://www.cdc.gov/obesity/data/table-non-hispanic-black.html>; <http://www.cdc.gov/obesity/data/table-hispanics.html>

Combining data from 2011 through 2013, non-Hispanic blacks had the highest prevalence of self-reported obesity (37.6%), followed by Hispanics (30.6%) and non-Hispanic whites (26.6%).

Body Mass Index Table 1

for BMI greater than 35, go to Table 2

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

[Select the PDF version for better printing](#)

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height (inches)	Body Weight (pounds)																
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

Body Mass Index Table 2

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.

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BMI	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height (inches)	Body Weight (pounds)																		
58	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

How is BMI calculated and interpreted?

Calculation of BMI

BMI is calculated the same way for both adults and children. The calculation is based on the following formulas:

Measurement Units	Formula and Calculation
Kilograms and meters (or centimeters)	<p>Formula: $\text{weight (kg)} / [\text{height (m)}]^2$</p> <p>With the metric system, the formula for BMI is weight in kilograms divided by height in meters squared. Since height is commonly measured in centimeters, divide height in centimeters by 100 to obtain height in meters.</p> <p>Example: Weight = 68 kg, Height = 165 cm (1.65 m) Calculation: $68 \div (1.65)^2 = 24.98$</p>
Pounds and inches	<p>Formula: $\text{weight (lb)} / [\text{height (in)}]^2 \times 703$</p> <p>Calculate BMI by dividing weight in pounds (lbs) by height in inches (in) squared and multiplying by a conversion factor of 703.</p> <p>Example: Weight = 150 lbs, Height = 5'5" (65") Calculation: $[150 \div (65)^2] \times 703 = 24.96$</p>

Interpretation of BMI for adults

For adults 20 years old and older, BMI is interpreted using standard weight status categories that are the same for all ages and for both men and women. For children and teens, on the other hand, the interpretation of BMI is both age- and sex-specific.

For more information about interpretation for children and teens, visit [Child and Teen BMI Calculator](#).

The standard weight status categories associated with BMI ranges for adults are shown in the following table.

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and Above	Obese

Source: [Body Mass Index \(CDC\)](#)