NEW BMI-BASED HEIGHT WEIGHT TABLE FOR MEN

From PROFESSIONAL WEIGHT CONTROL for MEN – U.S. Edition

In 1943, the Metropolitan Life Insurance Company introduced Weight versus Height tables for men and women. (In 1983, MetLife published revised Height versus Weight tables.) The weights listed in the MetLife tables are associated with people who lived the longest.

But be aware that the MetLife tables have some shortcomings. First, the table is a function of frame size (body build). To use the table a person must gauge their frame size which is a rather complex procedure that in practice is rarely followed. Second, although the MetLife tables yield reasonable weights for adults who are slightly shorter than average height, the listed weights are not applicable to very short or very tall adults. Third, the table was intended for people ages 25 to 59 years. The applicability of the table to younger and older adults is problematic. Finally, the MetLife table is not appropriate for athletes, body builders, and the chronically ill.

This article introduces a new BMI-Based Height vs. Weight Table and illustrates its use.

Traditional BMI-Based Height vs. Weight

Currently, many health-care practitioners use Body Mass Index, or BMI, to determine if a person is overweight. BMI takes into account both a person's weight and height and is calculated by

dividing a person's weight in kilograms by the square of their height (in meters). For United States readers, Table 1 provides a convenient way for you to determine your BMI, using body weight in pounds and height in feet and inches.

Although the BMI method is not perfect, it is considered a step up from the older MetLife Height vs. Weight tables. Again, the BMI table would not be applicable to competitive athletes, body builders and the chronically ill.

Weight (lbs.)	- Height -									
	5' 0"	5' 2"	5' 4"	5' 6"	5' 8"	5' 10"	6' 0"	6' 2"	6' 4"	6' 6"
100	19.6	18.3								
110	21.5	20.1	18.9	17.8						
120	23.5	22.0	20.6	19.4	18.3					
140	27.4	25.6	24.0	22.6	21.3	20.1	19.0			
160	31.3	29.3	27.5	25.8	24.3	23.0	21.7	20.6	19.5	
180	35.2	33.0	30.9	29.0	27.4	25.8	24.4	23.1	21.9	20.8
200	39.1	36.6	34.3	32.3	30.4	28.7	27.1	25.7	24.3	23.1
220	43.0	40.3	37.8	35.5	33.4	31.3	29.8	28.2	26.8	25.4
240	46.9	43.9	41.2	38.7	36.5	34.4	32.6	30.8	29.2	27.8
260	50.8	47.6	44.7	42.0	39.5	37.3	35.3	33.4	31.6	30.1
280		51.3	48.1	45.2	42.6	40.2	38.0	35.9	34.1	32.4
300			51.5	48.5	45.6	43.0	40.7	38.6	36.5	34.7
350				56.5	53.2	50.3	47.5	44.9	42.6	40.5
400							54.3	51.4	48.7	46.3

Table 1: Body Mass Index (BMI) Chart

The rationale behind the BMI is based on epidemiological data that show an increase in mortality when the BMI is above 25, although the increase in mortality tends to be moderate until a BMI of 30 is reached. Table 2 (on the next page) shows how scientists and most physicians categorize body-weight as a function of a person's BMI.

BMI	Weight Profile
18.5 or less	Underweight
18.6 to 24.9	Normal
25.0 to 29.9	Overweight
30.0 to 39.9	Obese
40 or more	Extremely Obese

Table 2: Weight Profile vs. BMI

Example 1: Use Tables 1 & 2 to determine the BMI of a 5' 10" man who weighs 200 pounds. Is he overweight?

First, use Table 1, on the previous page, and scan the far left of the table. Locate a weight of 200 pounds. From this number run your finger horizontally (to the right) until it intersects the vertical column headed by his 5' 10" height. The number at the intersection is his BMI = 28.7. So, according to Table 2 he is overweight.

But this calculation doesn't reveal what he should weigh for his BMI to be within the "normal range." In fact most men don't particularly care about or need to know their BMI. What they need to know is what they should weigh.

New BMI-Based Height vs. Weight

The new BMI-Based Height vs. Weight Chart shown in Table 3, on the following page, uses BMI information to determine what a person (man or woman) should weigh.

Note in table 3, the underweight category corresponds to BMI = 18.5 or less, normal weight is for BMI = 18.6 to 24.9, overweight is for BMI = 25.0 to 29.9, obese is for BMI = 30.0 to 39.9 and extremely obese is for BMI = 40 or more.

Example 2: Use Table 3, the New BMI-Based Height-Weight Chart, to determine if a 5' 10" man who weighs 200 lbs is overweight and what his weight should be to be in the "normal range."

From Table 3, find that at 5' 10" he should weigh between 130 and 173 pounds for his weight to be in the "normal" range, that is for his BMI to be in what is considered a healthy range, from 18.6 to 24.9.

However he weighs 200 lbs. Hence, we conclude once again that he is overweight. But this new approach also establishes what he should weigh (130 to 173 lbs) for his BMI to be within the "normal range."

Height	Underweight (lbs)	Normal Weight (lbs)	Overweight (lbs)	Obese (lbs)	Extremely Obese (lbs)
5' 0"	95 or less	96 – 127	128 – 152	153 – 204	205 or more
5' 1"	98 or less	99 – 131	132 – 158	159 – 211	212 or more
5' 2"	101 or less	102 – 135	136 – 163	164 – 218	219 or more
5' 3"	104 or less	105 – 140	141 – 169	170 – 225	226 or more
5' 4"	108 or less	109 – 144	145 – 173	174 – 232	233 or more
5' 5"	111 or less	112 – 149	150 – 180	181 – 239	240 or more
5' 6"	115 or less	116 – 154	155 – 185	186 – 247	248 or more
5' 7"	118 or less	119 – 159	160 – 191	192 – 254	255 or more
5' 8"	122 or less	123 – 163	164 – 196	197 – 262	263 or more
5' 9"	125 or less	126 – 168	169 – 202	203 – 270	271 or more
5' 10"	129 or less	130 – 173	174 – 206	207 – 278	279 or more
5' 11"	133 or less	134 – 178	179 – 214	215 – 286	287 or more
6' 0"	136 or less	137 – 183	184 – 220	221 – 294	295 or more
6' 1"	140 or less	141 – 188	189 – 227	228 – 302	303 or more
6' 2"	144 or less	145 – 194	195 – 232	233 – 310	311 or more
6' 3"	148 or less	149 – 199	200 – 239	240 – 319	320 or more
6' 4"	152 or less	153 – 204	205 – 245	246 – 328	329 or more
6' 5"	156 or less	157 – 210	211 – 252	253 – 336	337 or more

Table 3: New BMI-Based Height vs. Weight Chart

I think you will agree that the new BMI-based Height vs Weight table yields a more insightful and useful result.

The preceding excerpt is from:

PROFESSIONAL WEIGHT CONTROL for MEN – U.S. Edition

Similar tables for women and men, in U.S. and metric units, can be found in the following eBooks published by NoPaperPress:

- **PROFESSIONAL WEIGHT CONTROL for Men – Metric Edition**
- **PROFESSIONAL WEIGHT CONTROL for Women – U.S. Edition**
- **PROFFESIONAL WEIGHT CONTROL for Women – Metric Ed**