

BMI-BASED METRIC HEIGHT WEIGHT TABLE FOR WOMEN

From PROFESSIONAL WEIGHT CONTROL for WOMEN – Metric Edition
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Over the years, there have been a number of Weight vs. Height charts. In the U.S. the Metropolitan Life Insurance Company (MetLife) introduced Height vs. Weight tables for men and women in 1943. (The weights listed in the MetLife tables were associated with people who lived the longest.)

But the MetLife tables have some shortcomings. This article introduces a new BMI-Based Height vs. Weight Table and illustrates its use.

Traditional BMI 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. (Note that BMI is not applicable to competitive athletes, body builders and the chronically ill.)

Table 1, on the next page, allows the determination of BMI for those who would rather not do the math calculation. 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 (also on the next page) shows how scientists and most physicians categorize a person's body-weight as a function of their BMI.

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

| Weight (kg.) | - Height (cm.) - | | | | | | | | | |
|--------------|------------------|------|------|------|------|------|------|------|------|------|
| | 155 | 160 | 165 | 170 | 175 | 180 | 185 | 190 | 195 | 200 |
| 45 | 18.7 | 17.6 | | | | | | | | |
| 50 | 20.8 | 19.5 | 18.4 | | | | | | | |
| 55 | 22.9 | 21.5 | 20.2 | 19.0 | 18.0 | | | | | |
| 60 | 25.0 | 23.4 | 22.0 | 20.8 | 19.6 | 18.5 | 17.5 | | | |
| 65 | 27.1 | 25.4 | 23.9 | 22.5 | 21.2 | 20.2 | 19.0 | 18.0 | | |
| 70 | 29.1 | 27.3 | 25.7 | 24.2 | 22.9 | 21.6 | 20.5 | 19.4 | 18.4 | 17.5 |
| 75 | 31.2 | 29.3 | 27.5 | 26.0 | 24.5 | 23.1 | 21.9 | 20.8 | 19.7 | 18.8 |
| 80 | 33.3 | 31.2 | 29.4 | 27.7 | 26.1 | 24.7 | 22.2 | 22.2 | 21.0 | 20.0 |
| 90 | 37.5 | 35.2 | 33.1 | 31.1 | 29.4 | 27.8 | 26.3 | 24.9 | 23.7 | 22.5 |
| 100 | 41.6 | 39.1 | 36.7 | 34.6 | 32.7 | 30.9 | 29.2 | 27.7 | 26.3 | 25.0 |
| 120 | 49.9 | 46.9 | 44.1 | 41.5 | 39.2 | 37.0 | 35.1 | 33.2 | 31.6 | 30.0 |
| 140 | | | 51.4 | 48.4 | 45.7 | 43.2 | 40.9 | 38.8 | 36.8 | 35.0 |
| 160 | | | | 55.4 | 52.2 | 49.4 | 46.7 | 44.3 | 42.1 | 40.0 |
| 180 | | | | | | 55.6 | 52.6 | 49.9 | 47.3 | 45.0 |

Table 1: Body Mass Index (BMI) Chart

| 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 and 2 to determine the BMI of a woman who is 165 cm tall and weighs 70 kilos. Is she overweight?

First, use Table 1, on the previous page, and scan the far left of the table. Locate a weight of 70 kg. From this number run your finger horizontally (to the right) until it intersects the vertical column headed by her 165 cm height. The number at the intersection is her BMI = 25.7. So, according to Table 2, on the previous page, she is slightly overweight.

But this calculation doesn't reveal what she should weigh for her BMI to be within the "normal range." In fact most women don't particularly care about or need to know their BMI. What women 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 woman who is 165 cm tall and weighs 70 kilos is overweight and what her "normal weight" should be.

From Table 3, find that at 165 cm tall she should weigh between 51 and 68 kilos for her weight to be in the "normal" range, that is for her BMI to be in what is considered a healthy range, from 18.6 to 24.9.

However the woman in Examples 1 and 2 weighs 70 kilos. Hence, we conclude once again that she is slightly overweight. But this new approach also establishes what she should weigh (51 to 68 kg) for her BMI to be within the "normal range."

| Height (cm) | Underweight (kg) | Normal Weight (kg) | Overweight (kg) | Obese (kg) | Extremely Obese (kg) |
|-------------|------------------|--------------------|-----------------|------------|----------------------|
| 150 | 41 or less | 42 – 56 | 57 – 67 | 68 – 90 | 91 or more |
| 153 | 43 or less | 44 – 58 | 59 – 70 | 71 – 93 | 94 or more |
| 156 | 45 or less | 46 – 61 | 62 – 73 | 74 – 97 | 98 or more |
| 159 | 47 or less | 48 – 63 | 64 – 76 | 77 – 101 | 102 or more |
| 162 | 49 or less | 50 – 65 | 66 – 79 | 80 – 105 | 106 or more |
| 165 | 50 or less | 51 – 68 | 69 – 81 | 82 – 109 | 110 or more |
| 168 | 52 or less | 53 – 70 | 71 – 84 | 85 – 113 | 114 or more |
| 171 | 54 or less | 55 – 73 | 74 – 87 | 88 – 117 | 118 or more |
| 174 | 56 or less | 57 – 75 | 76 – 90 | 91 – 121 | 122 or more |
| 177 | 58 or less | 59 – 78 | 79 – 94 | 95 – 125 | 126 or more |
| 180 | 60 or less | 61 – 81 | 82 – 97 | 98 – 129 | 130 or more |
| 183 | 62 or less | 63 – 83 | 84 – 100 | 101 – 134 | 135 or more |
| 186 | 64 or less | 65 – 86 | 87 – 103 | 104 – 138 | 139 or more |
| 189 | 66 or less | 67 – 89 | 90 – 107 | 108 – 143 | 144 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.

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