

BMI-BASED METRIC HEIGHT WEIGHT TABLE FOR MEN

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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 man who is 180 cm tall and weighs 90 kilos. Is he overweight?

First, use Table 1 and scan the far left of the table. Locate a weight of 90 kg. From this number run your finger horizontally (to the right) until it intersects the vertical column headed by his 180 cm height. The number at the intersection is his BMI = 27.8. So, according to Table 2, on the previous page, 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 men 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. A simple example will illustrate how to use the new table.

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 man who is 180 cm tall and weighs 90 kilos is overweight and what his "normal weight" should be.

From Table 3, find that at 180 cm he should weigh between 61 and 81 kilos 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 the man in Examples 1 and 2 weighs 90 kilos. Hence, we conclude once again that he is overweight. But this new approach also establishes what he should weigh (61 to 81 kg) for his 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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