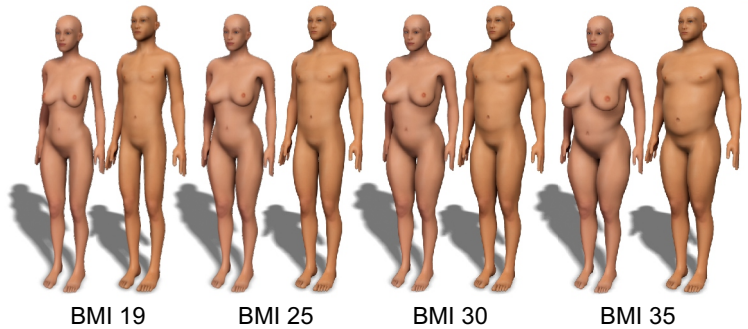


Body Mass Index

$$\text{BMI} = \frac{\text{weight in kg}}{(\text{height in m})^2}$$



BMI 19

BMI 25

BMI 30

BMI 35

The Body Mass Index (BMI) is invented in the 19. century by Adolphe Quetelet to evaluate the body mass. One urban myth is the origin of BMI at american assurance. They shall have invented the Body Mass Index to calculate health risk. They have used it, but it's not invented by them. The World Health Organisation WHO is using the BMI since the 1980s. The actual table of the WHO was made in the middle of the 1990s. It doesn't differ between age or sex.

The National Research Council (NRC) has published a table in the year 1989 with different meanings at different ages.

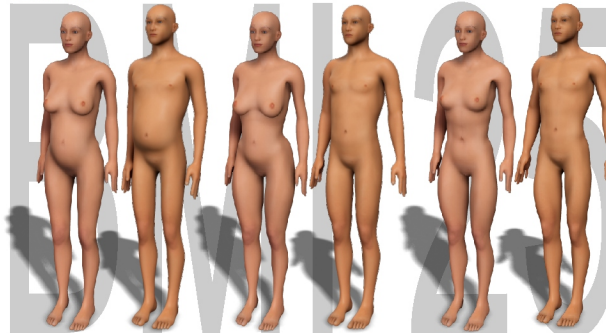
	BMI
Normal weight	19-24,9
Over weight	25-29,9
Obesity 1	30-34,9
Obesity 2	35-29,9
Obesity 3	≥40

WHO Table

Age	BMI
19-24	19-24
25-34	20-25
35-44	21-26
45-54	22-27
55-64	23-28
Ab 65	24-29

Normal weight NCR (1989)

BMI 25



BMI 25 fat

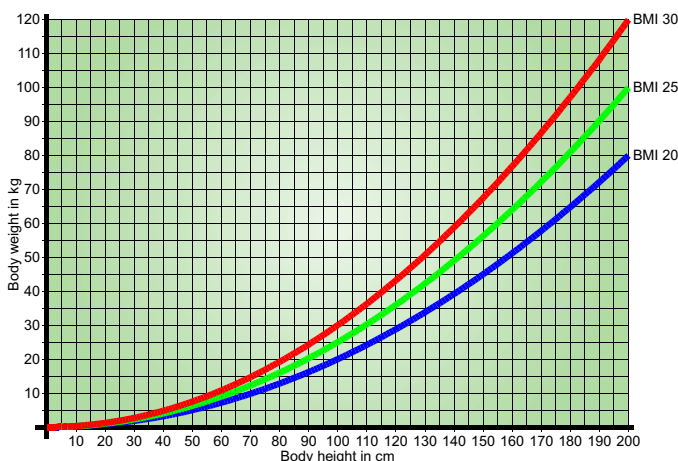
BMI 25 normal

BMI 25 muscle

Alternatives

The BMI calculates mass per surface. To calculate the surface the size will be multiplied with itself. This is a correct formula for a square, but not for a human. So better use also this methods:

- Waist-Hip-Ratio
- Waist circumference



Calculate Body Mass Index with calculator:

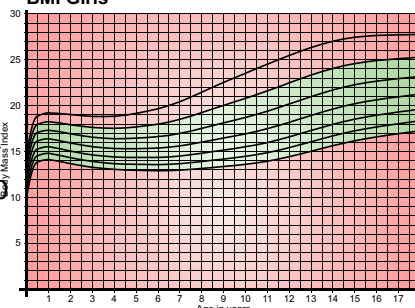
1. Enter body weight (kilogram)
2. ÷
3. Enter body height (meter)
4. ÷
5. Enter body height (meter)
6. =

Or you can use the Internet BMI-Calculator

BMI for kids

The formula of calculating the BMI is the same as for adult people. But the meaning is different. On the right you see charts with Percentil-Lines. P50 means, that 50% of the kids have a higher and 50% have a lower BMI. P3 means, that 3% of the kids have a lower BMI. Overweight is from P90 and higher. This means, 10% of the kids are overweight. Underweight is lower tahn P3. More infos you find here: BMI Children

BMI Girls



BMI Boys

