IN A NUTSHELL

The knowledge platform for general practitioners

Body Mass Index (BMI)

BMI is a dimension for specifying the nutritional state of adults (20 years and older). Based on height and body weight, a classification can be made into underweight, normal weight as well as overweight and obesity.

Body weight

kg ?

Body height

cm ?

BMI kg/m²

Interpretation

BMI (kg/m²)	Nutritional state
< 18.5	Underweight
18.5 to < 25	Normal weight
25 to < 30	Overweight
30 to < 35	Obese (class I)
35 to < 40	Obese (class II)
? 40	Obese (class III)

References

1. Garrow JS, Webster J. Quetelet's index (W/H2) as a measure of fatness. Int J Obes 1985; 9: 147-153
2. World Health Organization. Body mass index. http://www.euro.who.int/en/health-topics/disease-prevention/nutrition/a-healthy-lifestyle/body-mass-index-bmi.