

# 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/m<sup>2</sup>**

### Interpretation

#### **BMI (kg/m<sup>2</sup>) 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/H<sup>2</sup>) 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>.

