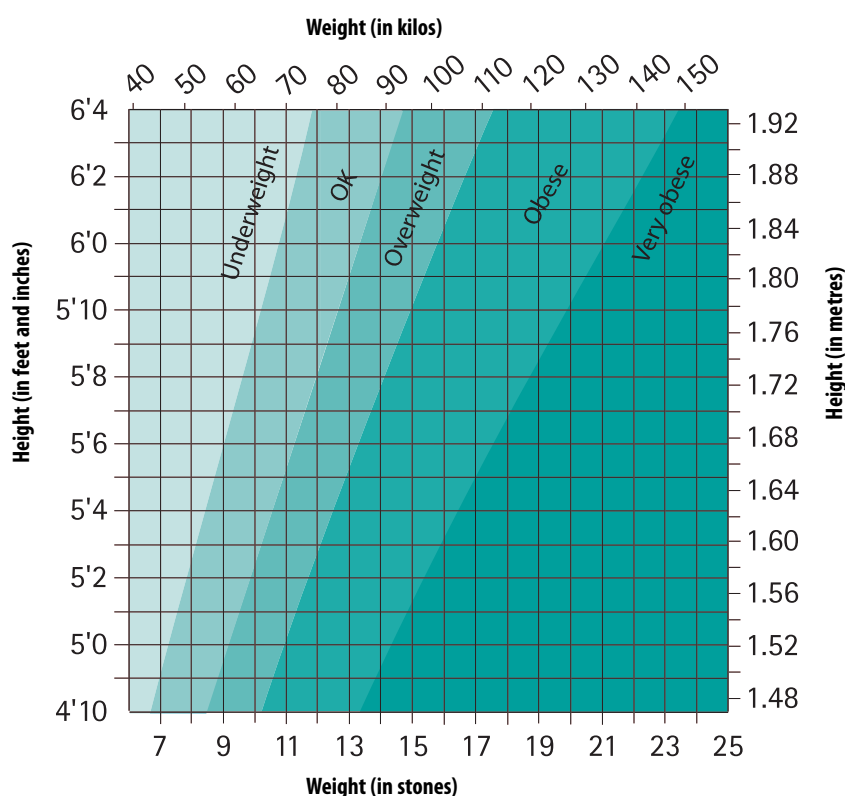


Height and weight chart – ADULTS

Tool 4

Take a straight line across from the person's height (without shoes), and a line up or down from their weight (without clothes). Put a mark where the two lines meet to find out if the person needs to lose weight.



Underweight (BMI less than 18.5kg/m²)

A more calorie-dense diet may be needed to maintain current activity levels. In cases of very low weight for height, medical advice should be considered.

OK (BMI 18.5 – 24.9kg/m²)

This is the optimal, desirable or 'normal' range. Calorie intake is appropriate for current activity levels.

Overweight (BMI 25 – 29.9kg/m²)

Some loss of weight might be beneficial to health.

Obese (BMI 30 – 39.9kg/m²)

There is an increased risk of ill health and a need to lose weight. Regular health checks are required.

Very obese (BMI 40kg/m² or above)

This is severe or 'morbid' obesity. There is a greatly increased risk of developing complications of obesity and an urgent need to lose weight. Specialist advice should be sought.

D

Resources

