

# IS YOUR WEIGHT HEALTHY?

Find the column closest to your weight in pounds. Read down the column until it crosses the row that closely matches your height in feet and inches. That number is your Body Mass Index (BMI). The healthiest BMI range for adults\* is 19 to 24. The numbers in this chart are rounded up for ease of use.

|        |     | WEIGHT IN POUNDS |     |     |     |     |     |     |     |     |     |     |     |     |     |
|--------|-----|------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| HEIGHT | 100 | 110              | 120 | 130 | 140 | 150 | 160 | 170 | 180 | 190 | 200 | 210 | 220 | 230 | 240 |
| 4'9"   | 22  | 24               | 26  | 28  | 30  | 33  | 35  | 37  | 39  | 41  | 43  | 45  | 48  | 50  | 52  |
| 5'0"   | 20  | 21               | 23  | 25  | 27  | 29  | 31  | 33  | 35  | 37  | 39  | 41  | 43  | 45  | 47  |
| 5'1"   | 19  | 21               | 23  | 25  | 27  | 28  | 30  | 32  | 34  | 36  | 38  | 40  | 42  | 44  | 45  |
| 5'2"   | 18  | 20               | 22  | 24  | 26  | 27  | 29  | 31  | 33  | 35  | 37  | 38  | 40  | 42  | 44  |
| 5'3"   | 18  | 19               | 21  | 23  | 25  | 27  | 28  | 30  | 32  | 34  | 36  | 37  | 39  | 41  | 43  |
| 5'4"   | 18  | 19               | 21  | 22  | 24  | 26  | 28  | 29  | 31  | 33  | 34  | 36  | 38  | 40  | 41  |
| 5'5"   | 17  | 18               | 20  | 22  | 23  | 25  | 27  | 28  | 30  | 32  | 33  | 35  | 37  | 38  | 40  |
| 5'6"   | 16  | 18               | 19  | 21  | 23  | 24  | 26  | 27  | 29  | 31  | 32  | 34  | 36  | 37  | 39  |
| 5'7"   | 16  | 17               | 19  | 20  | 22  | 24  | 25  | 27  | 28  | 30  | 31  | 33  | 35  | 36  | 38  |
| 5'8"   | 15  | 17               | 18  | 20  | 21  | 23  | 24  | 26  | 27  | 29  | 30  | 32  | 34  | 35  | 37  |
| 5'9"   | 15  | 16               | 18  | 19  | 21  | 22  | 24  | 25  | 27  | 28  | 30  | 31  | 33  | 34  | 36  |
| 5'10"  | 14  | 16               | 17  | 19  | 20  | 22  | 23  | 24  | 26  | 27  | 29  | 30  | 32  | 33  | 35  |
| 5'11"  | 14  | 15               | 17  | 18  | 20  | 21  | 22  | 24  | 25  | 27  | 28  | 29  | 31  | 32  | 34  |
| 6'0"   | 14  | 15               | 16  | 18  | 19  | 20  | 22  | 23  | 24  | 26  | 27  | 29  | 30  | 31  | 33  |

Underweight
  Healthy weight
  Overweight
  Obese
  Severely Obese

Example, if you are 5' 4" and weigh 140 lbs your BMI = 24. If you are 6' and weigh 170 lbs, your BMI = 23. You are in the green zone and have a healthy weight.

\*This chart is for adults 20 years or older. For child and teen BMI calculations (age 2-19), go to <http://apps.nccd.cdc.gov/dnpabmi>.

**Talk to your health care provider if you have any questions about your BMI.**



## HEALTHY HABITS FOR A HEALTHY LIFE!

- Rethink your drink
- Tame the tube
- Right-size your portions
- Move more every day
- Enjoy more fruits and veggies
- Prepare more meals at home
- Breastfeed your baby
- Take a multivitamin every day
- Keep track of your progress!

Visit **getfolic.com** for more tips on how to be healthy for life.



**CARE-LINE 1-800-662-7030**