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### Calculate Your Body Mass Index

Body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women.

- Enter your weight and height using standard or metric measures.
- Select "Compute BMI" and your BMI will appear below.

7/15/16

SC Arizona

Español

STANDARD METRIC

Your Height: 5 (feet) 0 (inches)

Your Weight: 110 (pounds)

Compute BMI

Your BMI:

21.5

#### BMI Categories:

Underweight = <18.5  
 Normal weight = 18.5-24.9  
 Overweight = 25-29.9  
 Obesity = BMI of 30 or greater

#### The BMI Tables

#### Aim for a Healthy Weight:

[Limitations of the BMI](#)  
[Assessing Your Risk](#)  
[Controlling Your Weight](#)  
[Recipes](#)

Download the BMI calculator app today (available for [iPhone](#) and [Android](#)).

#### Home

Assessing Your Weight and Health Risk

Control Your Weight

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Portion Distortion

#### Key Recommendations

Healthy Weight Resources for Parents/Families (We Can!)

Health Professional Resources

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