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Aleksandra Zajc, MDAleksandra ZajcMDAleksandra (Ola) Zajc, MD, is a medical doctor with a passion for lifestyle medicine. She wants to never stop learning while sharing what she already knows as a health educator and prophylaxis popularizer. She mainly concentrates on how human lifestyle impacts their health and disease. After hours, she likes weightlifting, foreign affairs podcasts, learning Korean, and dogs (with a special affection for her own pup Zoja). See full profileCheck our editorial policy and Mateusz MuchaMateusz is a professional problem-solver with a lifelong passion for software development and numbers. In 2014, he launched Omni Calculator, a groundbreaking tool that allows him to accomplish his life mission: helping people make better decisions whenever calculations are needed. Today, Mateusz serves as the CEO of Omni Calculator, which attracts over 18 million visitors monthly. When he is not busy growing the business, he enjoys sports, with cycling being his favorite. See full profileCheck our editorial policyMagorzata Koperska, MD and Jack Bowater775 people find this calculator helpfulTable of contentsThe BMI calculator is a useful tool that measures whether you are overweight, underweight, or just right. Your weight alone is not enough to tell, as a tall, skinny man may easily weigh more than a short but rotund woman. The body mass index, or BMI, overcomes this problem by finding a ratio of your weight to your height and returning a single number. This number will fit into a category on the scale of BMI ranges, which are defined as underweight, normal, overweight, and obese.To work out your body mass index on your own and what the number means for you, you'll need to know the following:How to calculate BMI.What is a normal BMI?What the various BMI ranges are.We try our best to make our Omni Calculators as precise and reliable as possible. However, this tool can never replace a professional doctor's assessment. If any health condition bothers you, consult a physician.To compute BMI, you need to:Divide your weight (in kilograms) by your height (in meters).Divide the answer by your height again to get your BMI.That is the body mass index formula. Expressed differently, it is:BMI = weight / heightOur BMI calculator makes it a piece of cake for you to find your number. However, please remember that BMI is a rough estimation. The result can be somewhat misleading for individuals who are well-muscled (such as bodybuilders) or for those who have lost a significant amount of muscle (such as the elderly).If you are unsure whether or not you fall within the "normal" range of muscle mass, please consider using one of our more specialized calculators. If you want to determine your body composition that adjusts for skeletal mass, you may want to use our body frame size calculator. Additionally, check out our skinfold body fat calculator to figure out what percentage of your body is fat.There are five basic ranges within the BMI scale:Underweight = less than 18.5;Normal weight = 18.5-24.9;Overweight = 25-29.9;Obesity = 30-35;Severe obesity = 35 and over.The BMI Prime is a nifty modification to our own BMI calculator. It's a decimal number where 1.0 = the upper limit to the "normal BMI" range. It's a super easy way to see if you're overweight or not. If your BMI Prime is more than 1, then you've got some weight to lose.At the top of our BMI calculator are fields for you to plug in your height and weight. Plug in these values, and you'll instantly have your BMI, your BMI Prime (see above), and a little message telling you what range you fall into.If you're overweight and want to know exactly how much you'll have to lose to get into the healthy range, you can do that too. Leave your height and weight in the boxes where they are, and type "0.9" into the BMI Prime box. Your weight and BMI will adjust themselves.Tip: If your height box adjusts itself when you change other boxes, you'll need to lock it. Click the right-hand panel of the box and select the lock icon to hold that figure in place while you play with the values in other boxes. That is... unless you plan on growing taller!If you want to know if your metabolism is on your side in your quest towards a healthy weight, try our basal metabolic rate calculator. We often hear about things raising or lowering our metabolism (which one does skipping breakfast do again?), but we don't hear much about tracking those changes. That's what this calculator is for.Your basal metabolic rate is the activity level of your body's metabolism when you wake up in the morning. This is the most reliable time of the day to measure metabolism since the day hasn't had time to heat you up yet!Once you know how to calculate BMI, the next logical figure to know is your ideal weight. Use our ideal weight calculator to figure this out in a jiffy. You can also use our maintenance calorie calculator to calculate how many calories your body needs to maintain your current weight.No for adults, the range of normal BMI is 18.5-24.9, and it does not depend on a person's age. For children, however, age is essential in assessing their weight.The answer depends on your height! Assume it is 180 cm. Then your BMI is:BMI = weight / heightwhere the weight should be in kg and height should be in meters.Therefore, convert height in cm to meters: 180/100 = 1.8 m.So the BMI calculation is weight / height = 75/1.8 = 23.148. So, it is in the normal (healthy) range. Note that this result does not depend on your gender!Did we solve your problem today? Check out 6 similar bmi calculators BMI for kids (body mass index)Use this online BMI calculator to easily calculate your Body Mass Index (BMI). It also shows your BMI category, as well as the BMI Prime index and how much overweight or underweight you are compared to the optimal weight range. The calculator works for adult men and women and may be unsuitable for children and teenagers. Quick navigation: Body Mass Index (BMI) quantifies the combined weight of the muscle, fat, and bone mass in an individual. People can then be categorized as underweight, normal weight, overweight, or obese, based on their BMI value. The simplicity of the body mass index calculation is one of its advantages: one only needs to know his or her weight and height. Our BMI calculator also requires just these two measurements as input and the output is in the units BMI is measured: kg per square meter (kg/m2), which is often left out in both writing and speech. The concept of the BMI is due to one Adolphe Quetelet - a Belgian astronomer, mathematician, statistician, and sociologist. His work on "social physics" between 1830 to 1850 originated the equation whereas the modern term "body mass index" was coined in a paper published in the July 1972 edition of the Journal of Chronic Diseases by Ancel Keys et al.., in which it was argued that what was defined as BMI was "...if not fully satisfactory, at least as good as any other relative weight index as an indicator of relative obesity" [3]. The importance and usefulness of the index and hence any Body Mass Index calculator is in its curvilinear relationship to all-cause mortality. The bigger your calculated BMI is, the greater the risk for cardiovascular complications like hypertension, type II diabetes, some types of cancer, renal disease, degenerative arthritis, gallstones, all of which have links to excessive weight relative to one's height [1][2]. See below for a list of BMI categories (classifications). In general, BMI is useful when applied to adults, but may be ill-suited when used for young children or even teenagers where the waist to hip ratio and body fat estimates may be more informative. BMI formula The Body Mass Index formula is simple: BMI (kg/m2) = weight (kg) / height2 (m) Of course, in our online BMI calculator you can enter either SI units or imperial metrics for height (feet and inches) as well as weight pounds for weight. The tool does the conversions for you. Weight is referred to as "mass" in medical literature, while height is often called "stature". How to calculate your Body Mass Index? So, how to calculate BMI knowing the formula above? It is a straightforward task, especially if you already know your height and weight in meters and kg. Then just multiply your height by itself, and then divide your weight by the result. If you know them in feet, inches or pounts, then conversion from imperial to metric units will be necessary. For example, if you are 5 feet 10 inches tall, that is 5 x 12 + 10 = 70 inches. 1 inch is 2.54 cm so you are 70 x 2.54 = 177.8 cm tall. 1 cm = 0.01 m, so you are 177.8 x 0.01 = 1.778 meters tall. 1.778 x 1.778 = 3.16 If you also weigh 170 pounds, that is 170 * 0.453 = 77 kg. 77 / 3.16 = 24.36, so your BMI is ~24, putting you just in the healthy weight range for your given height. BMI categories Individuals are classified in several BMI categories (classes) according to their mortality risk. There are different approaches to categorization, but the widely accepted WHO categorization is shown below. BMI categories and corresponding BMI prime and risk levels CategoryBMI range (kg/m2)BMI PrimeRisk level Very severely underweight less than 15 less than 0.60 Moderate Severely underweight 15 - 15.9 0.60 - 0.64 Moderate Underweight 16 - 18.4 0.64 - 0.74 Moderate Normal (healthy) 18.5 - 24.9 0.74 - 1.0 Very low Overweight 25 - 29.9 1.0 - 1.2 Low Moderately obese 30 - 34.9 1.2 - 1.4 Moderate Severely obese 35 - 39.9 1.4 - 1.6 High Very severely obese 40+ 1.6+ Very high As you can see, there is a moderate risk in being underweight, but obesity is certainly a primary risk factor for different sorts of causes for mortality. Sticking to a healthy BMI of between 18.5 and 24.9 (normal weight / healthy weight range) is therefore recommended by health authorities such as the US CDC (Center for Disease Control and Prevention) in order to minimize the risk of health problems. With our calculator you will also get a percentage over/under the normal limit as an output. Graph - BMI health risks The graph shows the relationship between being overweight or obese according to BMI measures and relative risk of different diseases. * some health risks are calculated differently than others. Risk of death is versus BMI < 19, risk of type II diabetes is versus BMI < 22-23, high blood pressure vs BMI < 23, arthritis and gallstones are vs. BMI < 24, neural birth defects vs 19-27. This is because the data comes from different studies. The calculator outputs a chart with 35-year absolute risk of all-cause death for men and women separately [4], and plots your BMI score so you can estimate your risk level. Note that the risk of death is not the only negative outcome associated with being underweight or overweight. Conditions like diabetes can severely reduce your quality of life and the risk of developing it increases sharply with increased body mass index values as shown in the next section. Graph - BMI and type II diabetes Type II diabetes and its relationship to body mass index needed to be plotted separately due to the extremely high increases of relative risk per point - reaching 50 times increased relative risk at BMI 33-35. The data for both graphs is from reference 2 from the NCHS. Both support the idea that a healthy weight for one's height - a good proxy for which can be the presence of a slim waist - is good for health outcomes. What is BMI Prime? BMI Prime is a mathematical transformation of the BMI index where you calculate the ratio between the actual BMI and the upper limit optimal BMI of 25. It is a dimensionless number and is unit-independent. Its main advantage is ease of use, e.g. if you are above 1.0 you know you are overweight and having a BMI Prime of 1.30 means you are 30% (0.3 * 100) above the optimum. Since optimal BMI may vary between populations, the BMI Prime number is a useful comparison tool as it can be calculated differently for the different populations but result in the same scale. Our tool also serves as a BMI Prime calculator - just check the output. How reliable are BMI calculations? BMI, like any other statistical measure applied to an individual, has its limitations. The especially noteworthy limitation concerns athletes in whom a high BMI can lead to incorrectly interpreting it as excess body fat. This happens with individuals with excessive muscle mass due to genetic makeup or training. Large-size, field-event athletes, body-builders, weight lifters, heavy weight wrestlers and boxers, and professional football players are all at risk of being misclassified. To take a U.S. example: the average BMI of the defensive linemen from a former NFL Super Bowl team averaged almost 32, placing these athletes in the "obese" category with moderate mortality risk - a clear illustration of the limitations in certain cases. The limitations apply to all BMI charts and modern body mass index online calculators. BMI calculator for women We have entertained the idea of developing a calculator specific to women but having a separate BMI score for women doesn't seem to be supported by medical science. At best, it seems that the output can be made disease-specific wherein the associated risk of a certain disease is classified differently for men and women, depending on the available scientific studies. However, this goes beyond what a simple adult BMI calculator is supposed to do. Full discussion on the topic: BMI for Women: Does a BMI Calculator for Women Make Sense?. * The hazard ratio is relative to the reference population which is the WHO BMI group with a score between 18.5 and 25 and for which the value is 1.00. A hazard ratio of 2.00 would mean there is twice the chance that the event would occur compared to the probability for the reference group. 1 Katch V.L., McArdle W.D., Katch F.I (2011) "Essentials of Exercise Physiology", fourth edition 2 US NCHS (2016) "National Health and Nutrition Examination Survey (2011-2014)" DHHS Publication No. 1604, s.3, N 39 3 Keys A., Fidanza F., Karvonen M.J., Kimura N., Taylor H.L. (1972) "Indices of relative weight and obesity" Journal of Chronic Diseases 25 (6): 32943 4 The Global BMI Mortality Collaboration (2016) "Body-mass index and all-cause mortality: individual-participant-data meta-analysis of 239 prospective studies in four continents" The Lancet 388(10046): 776-786, DOI: 10.1016/S0140-6736(16)30175-1 Enter your details to calculate Under.wt (40.0 Class 3 Obesity Source: CDC: BMI categories for adults Last accessed October 27, 2025 It's important to keep in mind that the generic BMI chart above does not account for differences between men and women. It is also limited in evaluating bodyweight health in people of short stature, or those who have very high muscle mass. Calculate Child and Teen BMI The CDC recommends using a BMI-for-age calculation in children and teens between 2 and 20 years of age. Children's body fat varies with age, and boys and girls grow at different rates. So while the BMI calculation is the same for boys and girls as well as adults, there are separate BMI growth charts for boys and girls. Child BMI Percentile Scale Underweight, below the 5th percentile Healthy weight, between the 5th and 85th percentiles Overweight, between the 85th and 95th percentiles Obese, equal to or greater than the 95th percentile CDC Male BMI Growth Chart CDC Female BMI Growth Chart How to Calculate BMI Using metric units, where weight is in kilograms and height is in meters, divide weight by meters squared. In US units, where weight is in pounds and height is in inches, divide weight by inches squared. Then multiply this figure by 703. Example 1: Calculate BMI in metric units Matilda weighs 64 kg and is 1.9 meters tall. What is her BMI? Divide 64 by 1.92 BMI = w h2 BMI = 64 1.92 BMI = 64 3.61 BMI = 17.7 Example 2: Calculating BMI in US units Stanley weighs 184 lb and is 5 feet, 10 inches tall. What is his BMI? Find total inches by multiplying 5 * 12 and add 10. Divide weight by total inches squared and multiply the result by 703. 5 feet, 10 inches = 70 inches BMI = (w h2) * 703 BMI = (184 702) * 703 BMI = (184 4900) * 703 BMI = 0.3755 * 703 BMI = 26.4 Although BMI is calculated the same way worldwide for all ages, the way an individual's BMI is interpreted depends on location and the person's age. In many Southeast Asian countries, the thresholds for the overweight and obese categories tend to be lower. For example, in Singapore and Hong Kong a BMI of 23.0 is considered overweight, whereas in the United States a BMI of 25 is considered overweight. Children and adolescents are not evaluated using these thresholds but are evaluated relative to others of the same age and gender. See the charts above. Keep in mind that BMI is a ratio between height and total body weight - it does not differentiate between weight from muscle and weight from fat, nor does it consider an individual's body frame type. BMI is one of several tools used to assess a person's weight and overall health. If you are concerned about your weight, it is best to consult with your doctor or healthcare professional. Normal Weight Range Normal weight BMI is 18.5 to 24.9. To calculate your normal weight range use the following: Metric units: minimum weight (kg) = 18.5 height2 (m) maximum weight (kg) = 24.9 height2 (m) US units: minimum weight (lb) = (18.5 703) height2 (in) maximum weight (lb) = (24.9 703) height2 (in) References Everything you need to know about BMI and our calculator.What is BMI and why is it important?How accurate is your BMI calculator?Is my health data safe and private?Can I use this calculator for children?What units does the calculator support?What do the BMI categories mean?Are there limitations to BMI?How often should I check my BMI?Does BMI work for all body types?What should I do if my BMI is outside the normal range?Can BMI predict my risk of disease?Is waist circumference more important than BMI?Can medications affect my BMI?How does age affect BMI interpretation?Does BMI differ between men and women?Can I track my BMI history with this calculator?How does pregnancy affect BMI calculations?Are there alternatives to BMI?Can I use BMI to set weight loss goals? BMI (Body Mass Index) is a measurement of body fat based on height and weight that applies to both men and women between the ages of 18 and 65 years. BMI can be used to indicate if you are overweight, obese, underweight or normal. A healthy BMI score is between 20 and 25. A score below 20 indicates that you may be underweight; a value above 25 indicates that you may be overweight. You can calculate your BMI by using our BMI Calculator below, or by using the BMI Formula. Please remember, however, that this is only one of many possible ways to assess your weight. If you have any concerns about your weight, please discuss them with your physician, who is in a position, unlike this BMI calculator, to address your specific individual situation. BMI Classification BMI is equal to or less than 18.5 (Underweight) A lean BMI can indicate that your weight maybe too low. You should consult your physician to determine if you should gain weight, as low body mass can decrease your body's immune system, which could lead to ilness such as disappearance of periods (women), bone loss, malnutrition and other conditions. The lower your BMI the greater these risks become. BMI is between 18.5 and 24.9 (Normal Weight) People whose BMI is within 18.5 to 24.9 possess the ideal amount of body weight, associated with living longest, the lowest incidence of serious ilness, as well as being perceived as more physically attractive than people with BMI in higher or lower ranges. However, it may be a good idea to check your Waist Circumference and keep it within the recommended limits. BMI is between 25 and 29.9 (Overweight) People falling in this BMI range are considered overweight and would benefit from finding healthy ways to lower their weight, such as diet and exercise. Individuals who fall in this range are at increased risk for a variety of ilnesses. If your BMI is 27-29.99 your risk of health problems becomes higher. In a recent study an increased rate of blood pressure, diabetes and heart disease was recorded at 27.3 for women and 27.8 for men. It may be a good idea to check your Waist Circumference and compare it with the recommended limits. BMI is between 30-34.99 (Obese Class 1) Individuals with a BMI of 30-34.99 are in a physically unhealthy condition, which puts them at risk for serious ilnesses such as heart disease, diabetes, high blood pressure, gall bladder disease, and some cancers. This holds especially true if you have a larger than recommended Waist Size. These people would benefit greatly by modifying their lifestyle. Ideally, see your doctor and consider reducing your weight by 5-10 percent. Such a weight reduction will result in considerable health improvements. BMI is between 35-39.99 (Obese Class 2) If you have a BMI of 35-39.99 your risk of weight-related health problems and even death, is severe. See your doctor and reduce your weight to a lower BMI. BMI is over 40 (Obese Class 3 : Morbid Obesity) With a BMI of 40+ you have an extremely high risk of weight-related disease and premature death. Indeed, you may have already been suffering from a weight-related condition. For the sake of your health it is very important to see your doctor and get specialists help for your condition.

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