

BMI CATEGORIES AND RISK DISEASES

BMI CATEGORIES AND RISK OF DISEASES		
BMI	Category	Disease Risk
<20.0	Underweight	High
20.0 to 21.9	Acceptable	Low
22.0 to 24.9	Healthy	Very Low
25.0 to 26.9	Slightly Overweight	Low
27.0 to 29.9	Undersireable	Hight
Above 30	Obese	Very High

Body Mass Index (BMI) = Body weight (kg) / Height (meter)