

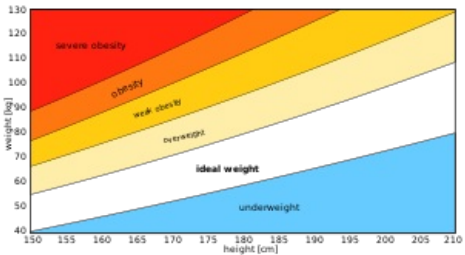
BMI

Body Mass Index or **index of body weight** (BMI) expresses the relationship between body weight and height. Normal BMI range is **18.5-25**. Values below 18.5 indicate underweight or malnutrition, values above 25 indicate overweight, BMI above 30 indicates obesity.

BMI can be calculated as the ratio of weight in kg to height in meters squared.

$$BMI = \frac{\text{weight [kg]}}{(\text{height [m]})^2}$$

Table of BMI values	
Underweight	< 18,5
Normal weight	18,5-25,0
Overweight	25,1-30,0
Obesity	30,1-40,0
Morbid obesity	> 40



BMI table

Calculator

For calculating your own BMI visit: <https://www.wikiskripta.eu/w/BMI>

References

Related articles

- Obesity
- Obesity (pediatrics)

External links

- Index of body weight (czech wikipedia)
- Body mass index (english wikipedia)

Source

- TROJAN, Stanislav. *Lékařská fyziologie*. 4. edition. Grada Publishing, a.s., 2003. vol. 1. ISBN 80-247-0512-5.