

# WHY IS BMI IMPORTANT?

BMI stands for **BODY MASS INDEX**.

It's a tool to measure the relationship between weight and height.

Being overweight or obese can increase your risk for certain types of cancer, like breast and colorectal cancer.

## HOW DO I CALCULATE MY BMI?

- 1 Find your height on the left side.
- 2 Find your weight on the top of the graph.
- 3 Go straight down from that point until you come to the box that matches your height. The number in that box is your BMI.

	100	110	120
4'11"	20	22	24
5'0"	20	21	23

For example, if you weigh 120 lbs and are 5 ft tall, your BMI is 23.

	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280
4'11"	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	53	55	57
5'0"	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55
5'1"	19	21	23	25	26	28	30	32	34	36	38	40	42	43	45	47	49	51	53
5'2"	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51
5'3"	18	19	21	23	25	27	28	30	32	34	35	37	39	41	43	44	46	48	50
5'4"	17	19	21	22	24	26	27	29	31	33	34	36	38	39	41	43	45	46	48
5'5"	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47
5'6"	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45
5'7"	16	17	19	20	22	23	25	27	28	30	31	33	34	36	38	39	41	42	44
5'8"	15	17	18	20	21	23	24	26	27	29	30	32	33	35	36	38	40	41	43
5'9"	15	16	18	19	21	22	24	25	27	28	30	31	32	34	35	37	38	40	41
5'10"	14	16	17	19	20	22	23	24	26	27	29	30	32	33	34	36	37	39	40
5'11"	14	15	17	18	20	21	22	24	25	26	28	29	31	32	33	35	36	38	39
6'0"	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35	37	38
6'1"	13	15	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	36	37
6'2"	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36
6'3"	12	14	15	16	17	19	20	21	22	24	25	26	27	29	30	31	32	34	35
6'4"	12	13	15	16	17	18	19	21	22	23	24	26	27	28	29	31	32	33	34

## WHAT DOES IT MEAN?

**18.4 or lower**  
underweight

**18.5-24.9**  
normal

**25 – 29.9**  
overweight

**30 or higher**  
obese

The BMI scale is different for children younger than age 18.

It's important to remember that BMI is just one tool to measure your overall health. Talk to your doctor if you're concerned about your BMI.

**RECORD** the date along with your weight, height, BMI and any other information below to track your progress.

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