



## Body Mass Index

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

### Calculate Your BMI

[Adult BMI Calculator \(/healthyweight/assessing/bmi/adult\\_bmi/english\\_bmi\\_calculator/bmi\\_calculator.html\)](/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html)



[\(/healthyweight/assessing/bmi/adult\\_bmi/english\\_bmi\\_calculator/bmi\\_calculator.html\)](/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html)

[Child and Teen \(http://apps.nccd.cdc.gov/dnpabmi\)](http://apps.nccd.cdc.gov/dnpabmi)  
[BMI Calculator \(http://apps.nccd.cdc.gov/dnpabmi\)](http://apps.nccd.cdc.gov/dnpabmi)



[\(/http://apps.nccd.cdc.gov/dnpabmi\)](http://apps.nccd.cdc.gov/dnpabmi)

### Other BMI Calculators

- **Adult Body Mass Index Calculator Widget** (<http://www.cdc.gov/widgets/#adultBMI>) Add this widget to your Web site to let anyone calculate their BMI. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems. This calculator provides BMI and the corresponding weight category. Use this calculator for adults, 20 years old and older.
- **The Children's BMI Tool for Schools** ([/healthyweight/assessing/bmi/childrens\\_bmi/tool\\_for\\_schools.html](/healthyweight/assessing/bmi/childrens_bmi/tool_for_schools.html)) This Excel spreadsheet can be used by school, child care, and other professionals who want to compute Body Mass Index (BMI)-for-age for a group of up to 2000 children, such as for a school class room or grade.

We also have information on the following:

- **About BMI for Adults** ([/healthyweight/assessing/bmi/adult\\_bmi/index.html](/healthyweight/assessing/bmi/adult_bmi/index.html)): Information about BMI and interpreting this number for adults
- **About BMI for Children and Teens** ([/healthyweight/assessing/bmi/childrens\\_bmi/about\\_childrens\\_bmi.html](/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html)): Information about BMI and interpreting the BMI percentile for children and teens

Note that the information about children and teens is written primarily for parents, but it may also be of interest to others, such as healthcare providers and the general public.

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Centers for Disease Control and Prevention 1600 Clifton Rd. Atlanta, GA 30333, USA  
800-CDC-INFO (800-232-4636) TTY: (888) 232-6348 - [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)