

Table 3. CALCULATING BODY MASS INDEX ⁴⁶, revised January 2005

To calculate BMI use one of these two formulas:

$$1) \text{ wt (lb)} \div \text{Ht (in)} \div \text{Ht (in)} \times 703 = \text{BMI}$$

OR

$$2) \text{ wt (kg)} \div \text{Ht (m)} \div \text{Ht (m)} = \text{BMI}$$

$\text{kg} = \text{wt} \div 2.2$ $\text{m} = \text{inches} \times .0254$

Example: Woman is 5'6" and 155 lbs

$$1) 155 \div 66 \div 66 \times 703 = 25 \text{ BMI}$$

OR

$$2) 155 \div 2.2 = 70.5 \text{ kg} \quad 66 \text{ inches} \times .0254 = 1.68 \text{ m}$$
$$70.5 \div 1.68 \div 1.68 = 25 \text{ BMI}$$

REFERENCES

46. Dehoog S. The assessment of nutritional status. In: Mahan LK, Escott-Stump S, eds. Krause's food, nutrition and diet therapy. 9th ed. Philadelphia, PA: WB Saunders, 1996: 361-86.