

BMI Chart (Kgs/m²) for use with the Weight Management Treatment Algorithm



A Quick Reference Guide For Primary Care Staff

(See www.icgp.ie/weightmanagement or www.hse.ie for additional online resources)

Underweight (<18.5 kgs/m ²)		Healthy weight (18.5 -24.9 kgs/m ²)					Overweight (25 - 29.9 kgs/m ²)					Obese Class I (30 - 34.9 kgs/m ²)					Obese Class II (35 - 39.9 kgs/m ²)					Obese Class III (> 40 kgs/m ²)				
Stone	lbs	4' 10"	4' 11"	5' 0"	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"	5' 6"	5' 7"	5' 8"	5' 9"	5' 10"	5' 11"	6' 0"	6' 1"	6' 2"	6' 3"	kgs						
7st 2lbs	100	20.9	20.2	19.6	18.9	18.3	17.8	17.2	16.7	16.2	15.7	15.2	14.8	14.4	14.0	13.6	13.2	12.9	12.5	45.5 kgs						
7st 7lbs	105	22.0	21.3	20.5	19.9	19.2	18.6	18.1	17.5	17.0	16.5	16.0	15.5	15.1	14.7	14.3	13.9	13.5	13.2	47.7 kgs						
7st 12lbs	110	23.0	22.3	21.5	20.8	20.2	19.5	18.9	18.3	17.8	17.3	16.8	16.3	15.8	15.4	14.9	14.5	14.2	13.8	50 kgs						
8st 3lbs	115	24.1	23.3	22.5	21.8	21.1	20.4	19.8	19.2	18.6	18.0	17.5	17.0	16.5	16.1	15.6	15.2	14.8	14.4	52.3 kgs						
8st 8lbs	120	25.1	24.3	23.5	22.7	22.0	21.3	20.6	20.0	19.4	18.8	18.3	17.8	17.3	16.8	16.3	15.9	15.4	15.0	54.5 kgs						
8st 13lbs	125	26.2	25.3	24.5	23.7	22.9	22.2	21.5	20.8	20.2	19.6	19.0	18.4	18.0	17.5	17.0	16.5	16.1	15.7	56.8 kgs						
9st 4lbs	130	27.2	26.3	25.4	24.6	23.8	23.1	22.4	21.7	21.0	20.4	19.8	19.2	18.7	18.2	17.7	17.2	16.7	16.3	59.1 kgs						
9st 9lbs	135	28.3	27.3	26.4	25.6	24.7	24.0	23.2	22.5	21.8	21.2	20.6	20.0	19.4	18.9	18.3	17.8	17.4	16.9	61.4 kgs						
10st 0lbs	140	29.3	28.3	27.4	26.5	25.7	24.9	24.1	23.3	22.6	22.0	21.3	20.7	20.1	19.6	19.0	18.5	18.0	17.5	63.6 kgs						
10st 5lbs	145	30.4	29.3	28.4	27.5	26.6	25.7	24.9	24.2	23.5	22.8	22.1	21.5	20.8	20.3	19.7	19.2	18.7	18.2	65.9 kgs						
10st 10lbs	150	31.4	30.4	29.4	28.4	27.5	26.6	25.8	25.0	24.3	23.5	22.9	22.2	21.6	21.0	20.4	19.8	19.3	18.8	68.2 kgs						
11st 1lbs	155	32.5	31.4	30.3	29.3	28.4	27.5	26.7	25.8	25.1	24.3	23.6	22.9	22.3	21.7	21.1	20.5	19.9	19.4	70.5 kgs						
11st 6lbs	160	33.5	32.4	31.3	30.3	29.3	28.4	27.5	26.7	25.9	25.1	24.4	23.7	23.0	22.4	21.7	21.2	20.6	20.0	72.7 kgs						
11st 11lbs	165	34.6	33.4	32.3	31.2	30.2	29.3	28.4	27.5	26.7	25.9	25.1	24.4	23.7	23.1	22.4	21.8	21.2	20.7	75 kgs						
12st 2lbs	170	35.6	34.4	33.3	32.2	31.2	30.2	29.2	28.3	27.5	26.7	25.9	25.2	24.4	23.8	23.1	22.5	21.9	21.3	77.3 kgs						
12st 7lbs	175	36.7	35.4	34.2	33.1	32.1	31.1	30.1	29.2	28.3	27.5	26.7	25.9	25.2	24.5	23.8	23.1	22.5	21.9	79.5 kgs						
12st 12lbs	180	37.7	36.4	35.2	34.1	33.0	32.0	31.0	30.0	29.1	28.3	27.4	26.6	25.9	25.2	24.5	23.8	23.2	22.5	81.8 kgs						
13st 3lbs	185	38.7	37.4	36.2	35.0	33.9	32.8	31.8	30.8	29.9	29.0	28.2	27.4	26.6	25.9	25.1	24.5	23.8	23.2	84.1 kgs						
13st 8lbs	190	39.8	38.5	37.2	36.0	34.8	33.7	32.7	31.7	30.7	29.8	28.9	28.1	27.3	26.6	25.8	25.1	24.4	23.8	86.4 kgs						
13st 13lbs	195	40.8	39.5	38.2	36.9	35.7	34.6	33.5	32.5	31.5	30.6	29.7	28.9	28.0	27.3	26.5	25.8	25.1	24.4	88.6 kgs						
14st 4lbs	200	41.9	40.5	39.1	37.9	36.7	35.5	34.4	33.4	32.3	31.4	30.5	29.6	28.8	28.0	27.2	26.4	25.7	25.1	90.9 kgs						
14st 9lbs	205	42.9	41.5	40.1	38.8	37.6	36.4	35.3	34.2	33.2	32.2	31.2	30.3	29.5	28.7	27.9	27.1	26.4	25.7	93.2 kgs						
15st 0lbs	210	44.0	42.5	41.1	39.8	38.5	37.3	36.1	35.0	34.0	33.0	32.0	31.1	30.2	29.4	28.5	27.8	27.0	26.3	95.5 kgs						
15st 5lbs	215	45.0	43.5	42.1	40.7	39.4	38.2	37.0	35.9	34.8	33.7	32.8	31.8	30.9	30.0	29.2	28.4	27.7	26.9	97.7 kgs						
15st 10lbs	220	46.1	44.5	43.1	41.7	40.3	39.1	37.8	36.7	35.6	34.5	33.5	32.6	31.6	30.7	29.9	29.1	28.3	27.6	100 kgs						
16st 1lbs	225	47.1	45.5	44.0	42.6	41.2	39.9	38.7	37.5	36.4	35.3	34.3	33.3	32.4	31.4	30.6	29.7	28.9	28.2	102.3 kgs						
16st 6lbs	230	48.2	46.6	45.0	43.5	42.2	40.8	39.6	38.4	37.2	36.1	35.0	34.0	33.1	32.1	31.3	30.4	29.6	28.8	104.5 kgs						
16st 11lbs	235	49.2	47.6	46.0	44.5	43.1	41.7	40.4	39.2	38.0	36.9	35.8	34.8	33.8	32.8	31.9	31.1	30.2	29.4	106.8 kgs						
17st 2lbs	240	50.3	48.6	47.0	45.4	44.0	42.6	41.3	40.0	38.8	37.7	36.6	35.5	34.5	33.5	32.6	31.7	30.9	30.1	109.1 kgs						
17st 7lbs	245	51.3	49.6	47.9	46.4	44.9	43.5	42.1	40.9	39.6	38.5	37.3	36.3	35.2	34.2	33.3	32.4	31.5	30.7	111.4 kgs						
17st 12lbs	250	52.4	50.6	48.9	47.3	45.8	44.4	43.0	41.7	40.4	39.2	38.1	37.0	35.9	34.9	34.0	33.1	32.2	31.3	113.6 kgs						
18st 3lbs	255	53.4	51.6	49.9	48.3	46.7	45.3	43.9	42.5	41.2	40.0	38.9	37.7	36.7	35.6	34.7	33.7	32.8	31.9	115.9 kgs						
18st 8lbs	260	54.5	52.6	50.9	49.2	47.7	46.2	44.7	43.4	42.1	40.8	39.6	38.5	37.4	36.3	35.3	34.4	33.5	32.6	118.2 kgs						
18st 13lbs	265	55.5	53.6	51.9	50.2	48.6	47.0	45.6	44.2	42.9	41.6	40.4	39.2	38.1	37.0	36.0	35.0	34.1	33.2	120.5 kgs						
19st 4lbs	270	56.5	54.6	52.8	51.1	49.5	47.9	46.4	45.0	43.7	42.4	41.1	40.0	38.8	37.7	36.7	35.7	34.7	33.8	122.7 kgs						
19st 9lbs	275	57.6	55.7	53.8	52.1	50.4	48.8	47.3	45.9	44.5	43.2	41.9	40.7	39.5	38.4	37.4	36.4	35.4	34.4	125 kgs						
20st 0lbs	280	58.6	56.7	54.8	53.0	51.3	49.7	48.2	46.7	45.3	43.9	42.7	41.4	40.3	39.1	38.1	37.0	36.0	35.1	127.3 kgs						
20st 5lbs	285	59.7	57.7	55.8	54.0	52.2	50.6	49.0	47.5	46.1	44.7	43.4	42.2	41.0	39.8	38.7	37.7	36.7	35.7	129.5 kgs						
20st 10lbs	290	60.7	58.7	56.8	54.9	53.2	51.5	49.9	48.4	46.9	45.5	44.2	42.9	41.7	40.5	39.4	38.3	37.3	36.3	131.8 kgs						
21st 1lbs	295	61.8	59.7	57.7	55.9	54.1	52.4	50.7	49.2	47.7	46.3	44.9	43.7	42.4	41.2	40.1	39.0	38.0	36.9	134.1 kgs						
21st 6lbs	300	62.8	60.7	58.7	56.8	55.0	53.3	51.6	50.0	48.5	47.1	45.7	44.4	43.1	41.9	40.8	39.7	38.6	37.6	136.4 kgs						
21st 11lbs	305	63.9	61.7	59.7	57.7	55.9	54.1	52.5	50.9	49.3	47.9	46.5	45.1	43.9	42.6	41.5	40.3	39.2	38.2	138.6 kgs						
22st 2lbs	310	64.9	62.7	60.7	58.7	56.8	55.0	53.3	51.7	50.1	48.7	47.2	45.9	44.6	43.3	42.1	41.0	39.9	38.8	140.9 kgs						
22st 7lbs	315	66.0	63.8	61.6	59.6	57.7	55.9	54.2	52.5	50.9	49.4	48.0	46.6	45.3	44.0	42.8	41.6	40.5	39.5	143.2 kgs						
22st 12lbs	320	67.0	64.8	62.6	60.6	58.7	56.8	55.0	53.4	51.8	50.2	48.8	47.4	46.0	44.7	43.5	42.3	41.2	40.1	145.5 kgs						
23st 3lbs	325	68.1	65.8	63.6	61.5	59.6	57.7	55.9	54.2	52.6	51.0	49.5	48.1	46.7	45.4	44.2	43.0	41.8	40.7	147.7 kgs						
23st 8lbs	330	69.1	66.8	64.6	62.5	60.5	58.6	56.8	55.0	53.4	51.8	50.3	48.8	47.4	46.1	44.8	43.6	42.5	41.3	150 kgs						
23st 13lbs	335	70.2	67.8	65.6	63.4	61.4	59.5	57.6	55.9	54.2	52.6	51.0	49.6	48.2	46.8	45.5	44.3	43.1	42.0	152.3 kgs						
24st 4lbs	340	71.2	68.8	66.5	64.4	62.3	60.4	58.5	56.7	55.0	53.4	51.8	50.3	48.9	47.5	46.2	45.0	43.7	42.6	154.5 kgs						
24st 9lbs	345	72.3	69.8	67.5	65.3	63.2	61.2	59.3	57.5	55.8	54.1	52.6	51.1	49.6	48.2	46.9	45.6	44.4	43.2	156.8 kgs						
25st 0lbs	350	73.3	70.8	68.5	66.3	64.1	62.1	60.2	58.4	56.6	54.9	53.3	51.8	50.3	48.9	47.6	46.3	45.0	43.8	159.1 kgs						
25st 5lbs	355	74.4	71.9	69.5	67.2	65.1	63.0	61.1	59.2	57.4	55.7	54.1	52.5	51.0	49.6	48.2	46.9	45.7	44.5	161.4 kgs						

147.3 cms	149.9 cms	152.4 cms	154.9 cms	157.5 cms	160 cms	162.6 cms	165.1 cms	167.6 cms	170.2 cms	172.7 cms	175.3 cms	177.8 cms	180.3 cms	182.9 cms	185.4 cms	188 cms	190.5 cms
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