

BODY MASS INDEX (BMI)

What is the Body Mass Index (BMI)?

Body Mass Index or 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. People in the obese category have a greater risk of developing heart disease, diabetes, stroke and complications during surgical procedures. As BMI reaches 40 and higher, there is a sharp increase in incidence of these co-morbidities. (BMI Chart on back)

Interpretation of BMI for Adults

For adults 20 years old and older, BMI is interpreted using standard weight status categories that are the same for all ages and for both men and women. The standard weight status categories associated with BMI ranges for adults shown in the table below:

Risk of Surgery with a High BMI

Patients with a high BMI have a greater risk of developing complications during and after surgery.

In the interest of patient safety and based on current Flagstaff Medical Center guidelines, a patient's surgery will be postponed if their BMI is 40 or above.

If a patient's surgery is postponed due to having a BMI of 40 or above, we advise the patient to make an appointment with their primary care physician to seek further assistance in losing the excess weight.

BMI Chart

		Weight lbs / kg																											
Height		90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290							
ft/in	cm	41	45	50	54	59	64	68	73	77	82	86	91	95	100	104	109	113	118	122	127	132							
4'8"	144,2	20	22	25	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65							
4'9"	144,7	19	22	24	26	28	30	32	35	37	39	41	43	45	48	50	52	54	56	58	61	63							
4'10"	147,3	19	21	23	25	27	29	31	33	36	38	40	42	44	46	48	50	52	54	56	59	61							
4'11"	149,8	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	51	53	55	57	59							
4'12"	152,4	18	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57							
5'1"	154,9	17	19	21	23	25	26	28	30	32	34	36	38	40	42	43	45	47	49	51	53	55							
5'2"	157,4	16	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53							
5'3"	160,0	16	18	19	21	23	25	27	28	30	32	34	35	37	39	41	43	44	46	48	50	51							
5'4"	162,5	15	17	19	21	22	24	26	27	29	31	33	34	36	38	39	41	43	45	46	48	50							
5'5"	165,1	15	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48							
5'6"	167,6	15	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47							
5'7"	170,1	14	16	17	19	20	22	24	25	27	28	30	31	33	34	36	38	39	41	42	44	45							
5'8"	172,2	14	15	17	18	20	21	23	24	26	27	29	30	32	33	35	37	38	40	41	43	44							
5'9"	175,2	13	15	16	18	19	21	22	24	25	27	28	30	31	33	34	35	37	38	40	41	43							
5'10"	177,8	13	14	16	17	19	20	22	23	24	26	27	29	30	32	33	34	36	37	39	40	42							
5'11"	180,3	13	14	15	17	18	20	21	22	24	25	27	28	29	31	32	33	35	36	38	39	40							
5'12"	182,8	12	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35	37	38	39							
6'1"	185,4	12	13	15	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38							
6'2"	187,9	12	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37							
6'3"	190,5	11	13	14	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36							
6'4"	193,0	11	12	13	15	16	17	18	19	21	22	23	24	26	27	28	29	30	32	33	34	35							
6'5"	195,5	11	12	13	14	15	17	18	19	20	21	23	24	25	26	27	28	30	31	32	33	34							
6'6"	198,1	10	12	13	14	15	16	17	18	20	21	22	23	24	25	27	28	29	30	31	32	34							
6'7"	200,6	10	11	12	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33							



UNDERWEIGHT



HEALTHY



OVERWEIGHT



OBESE



EXTREMELY OVERWEIGHT

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