

# Glossary:Body mass index (BMI)

Statistics Explained

The **body mass index** , abbreviated as **BMI** , is a measure of a person's weight relative to height that correlates fairly well with body fat. The BMI is accepted as the most useful indicator of [obesity](#) in adults when only weight and height data are available.

BMI is calculated by dividing body weight (in kilograms) by height (in metres) squared.

The following subdivisions are used to categorise the BMI into five categories:

- $< 18.5$ : [underweight](#) ;
- $\geq 18.5$  and  $< 25$ : [normal weight](#) ;
- $\geq 25$  and  $< 30$ : [pre-obese](#) ;
- $\geq 25$ : [overweight](#) ;
- $\geq 30$ : [obese](#) .

Note that the BMI is not calculated for children.

## Related concepts

- [Obesity](#)
- [Overweight](#)

## Statistical data

- [Overweight and obesity - BMI statistics](#)