

亞裔及美國亞裔成人身體質量指數

身體質量指數(BMI)是體重和身高的比例。此指數測度身體的總脂肪量，和評估因身體脂肪量增加所帶來的健康風險。身體質量指數越高，患上疾病的機會越大。

亞裔及美國亞裔人士的健康風險在較低的身體質量指數。因此，此圖表的身體質量指數分界點較美國國立衛生研究院(NIH)所建議的低。對非亞裔，請讀閱下表參考不同的BMI範圍。

身體質量指數:

體內脂肪: %

體重 (磅)

BMI	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220
4'10"	18.8	19.9	20.9	22.0	23.0	24.1	25.1	26.2	27.2	28.3	29.3	30.4	31.4	32.5	33.5	34.6	35.6	36.7	37.7	38.7	39.8	40.8	41.9	42.9	44.0	45.0	46.1
4'11"	18.2	19.2	20.2	21.3	22.3	23.3	24.3	25.3	26.3	27.3	28.3	29.3	30.4	31.4	32.4	33.4	34.4	35.4	36.4	37.4	38.5	39.5	40.5	41.5	42.5	43.5	44.5
5'0"	17.6	18.6	19.6	20.5	21.5	22.5	23.5	24.5	25.4	26.4	27.4	28.4	29.4	30.3	31.3	32.3	33.3	34.2	35.2	36.2	37.2	38.2	39.1	40.1	41.1	42.1	43.1
5'1"	17.0	18.0	18.9	19.9	20.8	21.8	22.7	23.7	24.6	25.6	26.5	27.5	28.4	29.3	30.3	31.2	32.2	33.1	34.1	35.0	36.0	36.9	37.9	38.8	39.8	40.7	41.7
5'2"	16.5	17.4	18.3	19.2	20.2	21.1	22.0	22.9	23.8	24.7	25.7	26.6	27.5	28.4	29.3	30.2	31.2	32.1	33.0	33.9	34.8	35.7	36.7	37.6	38.5	39.4	40.3
5'3"	16.0	16.9	17.8	18.6	19.5	20.4	21.3	22.2	23.1	24.0	24.9	25.7	26.6	27.5	28.4	29.3	30.2	31.1	32.0	32.8	33.7	34.6	35.5	36.4	37.3	38.2	39.1
5'4"	15.5	16.3	17.2	18.1	18.9	19.8	20.6	21.5	22.4	23.2	24.1	24.9	25.8	26.7	27.5	28.4	29.2	30.1	31.0	31.8	32.7	33.5	34.4	35.3	36.1	37.0	37.8
5'5"	15.0	15.8	16.7	17.5	18.3	19.2	20.0	20.8	21.7	22.5	23.3	24.2	25.0	25.8	26.7	27.5	28.3	29.2	30.0	30.8	31.7	32.5	33.4	34.2	35.0	35.9	36.7
5'6"	14.6	15.4	16.2	17.0	17.8	18.6	19.4	20.2	21.0	21.8	22.6	23.5	24.3	25.1	25.9	26.7	27.5	28.3	29.1	29.9	30.7	31.5	32.3	33.2	34.0	34.8	35.6
5'7"	14.1	14.9	15.7	16.5	17.3	18.0	18.8	19.6	20.4	21.2	22.0	22.8	23.5	24.3	25.1	25.9	26.7	27.5	28.3	29.0	29.8	30.6	31.4	32.2	33.0	33.7	34.5
5'8"	13.7	14.5	15.2	16.0	16.8	17.5	18.3	19.0	19.8	20.6	21.3	22.1	22.9	23.6	24.4	25.1	25.9	26.7	27.4	28.2	28.9	29.7	30.5	31.2	32.0	32.8	33.5
5'9"	13.3	14.1	14.8	15.5	16.3	17.0	17.8	18.5	19.2	20.0	20.7	21.5	22.2	22.9	23.7	24.4	25.2	25.9	26.6	27.4	28.1	28.9	29.6	30.3	31.1	31.8	32.6
5'10"	12.9	13.7	14.4	15.1	15.8	16.5	17.3	18.0	18.7	19.4	20.1	20.8	21.6	22.3	23.0	23.7	24.4	25.2	25.9	26.6	27.3	28.0	28.8	29.5	30.2	30.9	31.6
5'11"	12.6	13.3	14.0	14.7	15.4	16.1	16.8	17.5	18.2	18.9	19.6	20.3	21.0	21.7	22.4	23.1	23.8	24.5	25.2	25.9	26.6	27.3	28.0	28.7	29.4	30.0	30.7
6'0"	12.2	12.9	13.6	14.3	14.9	15.6	16.3	17.0	17.7	18.3	19.0	19.7	20.4	21.1	21.7	22.4	23.1	23.8	24.5	25.1	25.8	26.5	27.2	27.9	28.5	29.2	29.9
6'1"	11.9	12.6	13.2	13.9	14.5	15.2	15.9	16.5	17.2	17.8	18.5	19.2	19.8	20.5	21.2	21.8	22.5	23.1	23.8	24.5	25.1	25.8	26.4	27.1	27.8	28.4	29.1
6'2"	11.6	12.2	12.9	13.5	14.2	14.8	15.4	16.1	16.7	17.4	18.0	18.7	19.3	19.9	20.6	21.2	21.9	22.5	23.2	23.8	24.4	25.1	25.7	26.4	27.0	27.7	28.3



過輕
BMI < 18.5



健康體重範圍
BMI = 18.5 - 22.9
(18.5-24.9 非亞裔人)



過重
BMI = 23.0 - 26.9
(25-29.9 非亞裔人)



肥胖
BMI ≥ 27.0
(≥ 30 非亞裔人)



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BMI for Asian and Asian American Adults

Body mass index (BMI) is a ratio of your weight to height. It estimates the total body fat and assesses the risks for diseases related to increased body fat. The risk of developing many diseases increases with a higher BMI. Asians and Asian Americans may have increased health risks at a lower BMI. Therefore, BMI cutoff points on this chart are lower than those defined by National Institutes of Health (NIH). For non-Asians, please refer to the chart below for different BMI range interpretations.

BMI:

Body Fat:

 %

Weight (lb)

BMI	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220
4'10"	18.8	19.9	20.9	22.0	23.0	24.1	25.1	26.2	27.2	28.3	29.3	30.4	31.4	32.5	33.5	34.6	35.6	36.7	37.7	38.7	39.8	40.8	41.9	42.9	44.0	45.0	46.1
4'11"	18.2	19.2	20.2	21.3	22.3	23.3	24.3	25.3	26.3	27.3	28.3	29.3	30.4	31.4	32.4	33.4	34.4	35.4	36.4	37.4	38.5	39.5	40.5	41.5	42.5	43.5	44.5
5'0"	17.6	18.6	19.6	20.5	21.5	22.5	23.5	24.5	25.4	26.4	27.4	28.4	29.4	30.3	31.3	32.3	33.3	34.2	35.2	36.2	37.2	38.2	39.1	40.1	41.1	42.1	43.1
5'1"	17.0	18.0	18.9	19.9	20.8	21.8	22.7	23.7	24.6	25.6	26.5	27.5	28.4	29.3	30.3	31.2	32.2	33.1	34.1	35.0	36.0	36.9	37.9	38.8	39.8	40.7	41.7
5'2"	16.5	17.4	18.3	19.2	20.2	21.1	22.0	22.9	23.8	24.7	25.7	26.6	27.5	28.4	29.3	30.2	31.2	32.1	33.0	33.9	34.8	35.7	36.7	37.6	38.5	39.4	40.3
5'3"	16.0	16.9	17.8	18.6	19.5	20.4	21.3	22.2	23.1	24.0	24.9	25.7	26.6	27.5	28.4	29.3	30.2	31.1	32.0	32.8	33.7	34.6	35.5	36.4	37.3	38.2	39.1
5'4"	15.5	16.3	17.2	18.1	18.9	19.8	20.6	21.5	22.4	23.2	24.1	24.9	25.8	26.7	27.5	28.4	29.2	30.1	31.0	31.8	32.7	33.5	34.4	35.3	36.1	37.0	37.8
5'5"	15.0	15.8	16.7	17.5	18.3	19.2	20.0	20.8	21.7	22.5	23.3	24.2	25.0	25.8	26.7	27.5	28.3	29.2	30.0	30.8	31.7	32.5	33.4	34.2	35.0	35.9	36.7
5'6"	14.6	15.4	16.2	17.0	17.8	18.6	19.4	20.2	21.0	21.8	22.6	23.5	24.3	25.1	25.9	26.7	27.5	28.3	29.1	29.9	30.7	31.5	32.3	33.2	34.0	34.8	35.6
5'7"	14.1	14.9	15.7	16.5	17.3	18.0	18.8	19.6	20.4	21.2	22.0	22.8	23.5	24.3	25.1	25.9	26.7	27.5	28.3	29.0	29.8	30.6	31.4	32.2	33.0	33.7	34.5
5'8"	13.7	14.5	15.2	16.0	16.8	17.5	18.3	19.0	19.8	20.6	21.3	22.1	22.9	23.6	24.4	25.1	25.9	26.7	27.4	28.2	28.9	29.7	30.5	31.2	32.0	32.8	33.5
5'9"	13.3	14.1	14.8	15.5	16.3	17.0	17.8	18.5	19.2	20.0	20.7	21.5	22.2	22.9	23.7	24.4	25.2	25.9	26.6	27.4	28.1	28.9	29.6	30.3	31.1	31.8	32.6
5'10"	12.9	13.7	14.4	15.1	15.8	16.5	17.3	18.0	18.7	19.4	20.1	20.8	21.6	22.3	23.0	23.7	24.4	25.2	25.9	26.6	27.3	28.0	28.8	29.5	30.2	30.9	31.6
5'11"	12.6	13.3	14.0	14.7	15.4	16.1	16.8	17.5	18.2	18.9	19.6	20.3	21.0	21.7	22.4	23.1	23.8	24.5	25.2	25.9	26.6	27.3	28.0	28.7	29.4	30.0	30.7
6'0"	12.2	12.9	13.6	14.3	14.9	15.6	16.3	17.0	17.7	18.3	19.0	19.7	20.4	21.1	21.7	22.4	23.1	23.8	24.5	25.1	25.8	26.5	27.2	27.9	28.5	29.2	29.9
6'1"	11.9	12.6	13.2	13.9	14.5	15.2	15.9	16.5	17.2	17.8	18.5	19.2	19.8	20.5	21.2	21.8	22.5	23.1	23.8	24.5	25.1	25.8	26.4	27.1	27.8	28.4	29.1
6'2"	11.6	12.2	12.9	13.5	14.2	14.8	15.4	16.1	16.7	17.4	18.0	18.7	19.3	19.9	20.6	21.2	21.9	22.5	23.2	23.8	24.4	25.1	25.7	26.4	27.0	27.7	28.3



Underweight
BMI < 18.5



Normal
BMI = 18.5 - 22.9
(18.5-24.9 non-Asian)



Overweight
BMI = 23.0 - 26.9
(25-29.9 non-Asian)



Obese
BMI ≥ 27.0
(≥ 30 non-Asian)



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