

**Table 2**  
**Body Mass Index**

Body Mass Index (BMI) is calculated using the following formula:

$$\text{BMI} = \text{weight (kg)}/\text{height (m}^2\text{)}$$
$$\text{OR } [\text{weight (lbs)}/\text{height (in}^2\text{)}] \times 704$$

Severely underweight: < 19

Underweight: 19-23

Desirable: 23-25

Overweight: 25-30

Obese: > 30