


Exploring and discovering

Calculating Body Mass Index

This calculator shown is used on websites to help an adult decide if he or she is overweight.

What values of the BMI indicate whether an adult is underweight, overweight, obese, or very obese?

Investigate how the calculator works out the BMI from the height and weight.



Body Mass Index (BMI) Calculator
Enter values for height and weight.

Height: metres

Weight: kilograms

BMI:

You are in the category

Body mass index (BMI) is measure of body fat that applies to adult men and women.

Note for pupils: If you put your own details into this calculator, *don't take the results too seriously!* It is designed for adults *who have stopped growing* and will give misleading results for children or teenagers!