

## Classification of Overweight and Obesity by BMI , Waist Circumference, and Associated Disease Risk

	BMI (kg/m <sup>2</sup> )	Obesity Class	Disease Risk (Relative to Waist Circumference)	
			Normal	Large
			Men ≤40 in (≤102 cm) Women ≤35 in (≤88 cm)	>40 in (>102 cm) >35 in (>88 cm)
Underweight	<18.5		—	—
Normal	18.5-24.9		—	—
Overweight	25.0-29.9		Increased	High
Obesity	30.0-34.9	I	High	Very High
	35.0-39.9	II	Very high	Very High
Extreme Obesity	≥40	III	Extremely High	Extremely High

BMI = body mass index.

From *Physicians Information and Education Resource (PIER)*, Obesity module.