

BMI早見表

BMI(body mass index)とは、肥満度を表す指標です。
早見表に身長及び体重を当てはめてBMIを求めます。

BMI色分け

- ……18.5以下(やせ)
- ……25~30(軽度の肥満)
- ……18.5~25(標準)
- ……30以上(肥満)

身長 体重 (cm) (kg)	136	138	140	142	144	146	148	150	152	154	156	158	160	162	164	166	168	170	172	174	176	178	180
36	19.5	18.9	18.4	17.9	17.4	16.9	16.4	16.0	15.6	15.2	14.8	14.4	14.1	13.7	13.4	13.1	12.8	12.5	12.2	11.9	11.6	11.4	11.1
38	20.5	20.0	19.4	18.8	18.3	17.8	17.3	16.9	16.4	16.0	15.6	15.2	14.8	14.5	14.1	13.8	13.5	13.1	12.8	12.6	12.3	12.0	11.7
40	21.6	21.0	20.4	19.8	19.3	18.8	18.3	17.8	17.3	16.9	16.4	16.0	15.6	15.2	14.9	14.5	14.2	13.8	13.5	13.2	12.9	12.6	12.3
42	22.7	22.1	21.4	20.8	20.3	19.7	19.2	18.7	18.2	17.7	17.3	16.8	16.4	16.0	15.6	15.2	14.9	14.5	14.2	13.9	13.6	13.3	13.0
44	23.8	23.1	22.4	21.8	21.2	20.6	20.1	19.6	19.0	18.6	18.1	17.6	17.2	16.8	16.4	16.0	15.6	15.2	14.9	14.5	14.2	13.9	13.6
46	24.9	24.2	23.5	22.8	22.2	21.6	21.0	20.4	19.9	19.4	18.9	18.4	18.0	17.5	17.1	16.7	16.3	15.9	15.5	15.2	14.9	14.5	14.2
48	26.0	25.2	24.5	23.8	23.1	22.5	21.9	21.3	20.8	20.2	19.7	19.2	18.8	18.3	17.8	17.4	17.0	16.6	16.2	15.9	15.5	15.1	14.8
50	27.0	26.3	25.5	24.8	24.1	23.5	22.8	22.2	21.6	21.1	20.5	20.0	19.5	19.1	18.6	18.1	17.7	17.3	16.9	16.5	16.1	15.8	15.4
52	28.1	27.3	26.5	25.8	25.1	24.4	23.7	23.1	22.5	21.9	21.4	20.8	20.3	19.8	19.3	18.9	18.4	18.0	17.6	17.2	16.8	16.4	16.0
54	29.2	28.4	27.6	26.8	26.0	25.3	24.7	24.0	23.4	22.8	22.2	21.6	21.1	20.6	20.1	19.6	19.1	18.7	18.3	17.8	17.4	17.0	16.7
56	30.3	29.4	28.6	27.8	27.0	26.3	25.6	24.9	24.2	23.6	23.0	22.4	21.9	21.3	20.8	20.3	19.8	19.4	18.9	18.5	18.1	17.7	17.3
58	31.4	30.5	29.6	28.8	28.0	27.2	26.5	25.8	25.1	24.5	23.8	23.2	22.7	22.1	21.6	21.0	20.5	20.1	19.6	19.2	18.7	18.3	17.9
60	32.4	31.5	30.6	29.8	28.9	28.1	27.4	26.7	26.0	25.3	24.7	24.0	23.4	22.9	22.3	21.8	21.3	20.8	20.3	19.8	19.4	18.9	18.5
62	33.5	32.6	31.6	30.7	29.9	29.1	28.3	27.6	26.8	26.1	25.5	24.8	24.2	23.6	23.1	22.5	22.0	21.5	21.0	20.5	20.0	19.6	19.1
64	34.6	33.6	32.7	31.7	30.9	30.0	29.2	28.4	27.7	27.0	26.3	25.6	25.0	24.4	23.8	23.2	22.7	22.1	21.6	21.1	20.7	20.2	19.8
66	35.7	34.7	33.7	32.7	31.8	31.0	30.1	29.3	28.6	27.8	27.1	26.4	25.8	25.1	24.5	24.0	23.4	22.8	22.3	21.8	21.3	20.8	20.4
68	36.8	35.7	34.7	33.7	32.8	31.9	31.0	30.2	29.4	28.7	27.9	27.2	26.6	25.9	25.3	24.7	24.1	23.5	23.0	22.5	22.0	21.5	21.0
70	37.8	36.8	35.7	34.7	33.8	32.8	32.0	31.1	30.3	29.5	28.8	28.0	27.3	26.7	26.0	25.4	24.8	24.2	23.7	23.1	22.6	22.1	21.6