

BODY MASS INDEX ("BMI")

Weight	Lbs	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225
	kg*	57	59	61	64	66	68	71	73	75	77	80	82	84	86	89	91	93	96	98	100	102
Height																						
in	cm*																					
58	147	26	27	28	29	30	31	32	34	35	36	37	38	39	40	41	42	43	44	45	46	47
59	150	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	43	44	45	46
60	152	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44
61	155	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43
62	158	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	38	38	39	40	41
63	160	22	23	24	25	26	27	28	28	29	30	31	32	33	34	35	36	36	37	38	39	40
64	163	22	22	23	24	25	26	27	28	28	29	30	31	32	33	34	34	35	36	37	38	39
65	165	21	22	23	23	24	25	26	27	28	28	29	30	31	32	33	33	34	35	36	37	38
66	168	20	21	22	23	23	24	25	26	27	27	28	29	30	31	32	32	33	34	35	36	36
67	170	20	20	21	22	23	24	24	25	26	27	27	28	29	30	31	31	32	33	34	35	35
68	173	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	33	34	34
69	175	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	33	33
70	178	18	19	19	20	21	22	22	23	24	24	25	26	27	27	28	29	29	30	31	32	32
71	180	17	18	19	20	20	21	22	22	23	24	24	25	26	27	27	28	29	29	30	31	31
72	183	17	18	18	19	20	20	21	22	22	23	24	24	25	26	27	27	28	29	29	30	31
73	185	17	17	18	19	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30
74	188	16	17	17	18	19	19	20	21	21	22	23	23	24	24	25	26	26	27	28	28	29
75	191	16	16	17	18	18	19	19	20	21	21	22	23	23	24	24	25	26	26	27	28	28
76	193	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	24	25	26	26	27	27

Body mass index("BMI") categorizes an individual's weight status based solely upon body weight and height. Assessing BMI is simple – you take your weight in kilograms and divide it by the square of your height in meters. In general, healthcare providers often look at usage of GLP-1 RA medications in adults if an individual has either (a) a BMI of 30kg/m² or (b) a BMI of 27kg/m² or greater with the presence of at least one weight-related comorbid condition (e.g. hypertension, type 2 diabetes mellitus, dyslipidemia, obstructive sleep apnea or cardiovascular disease).



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For ease of review, some information is rounded. cm* references measurement in centimeters and is rounded to the nearest whole number. kg* references weight in kilograms and is rounded to the nearest whole number.