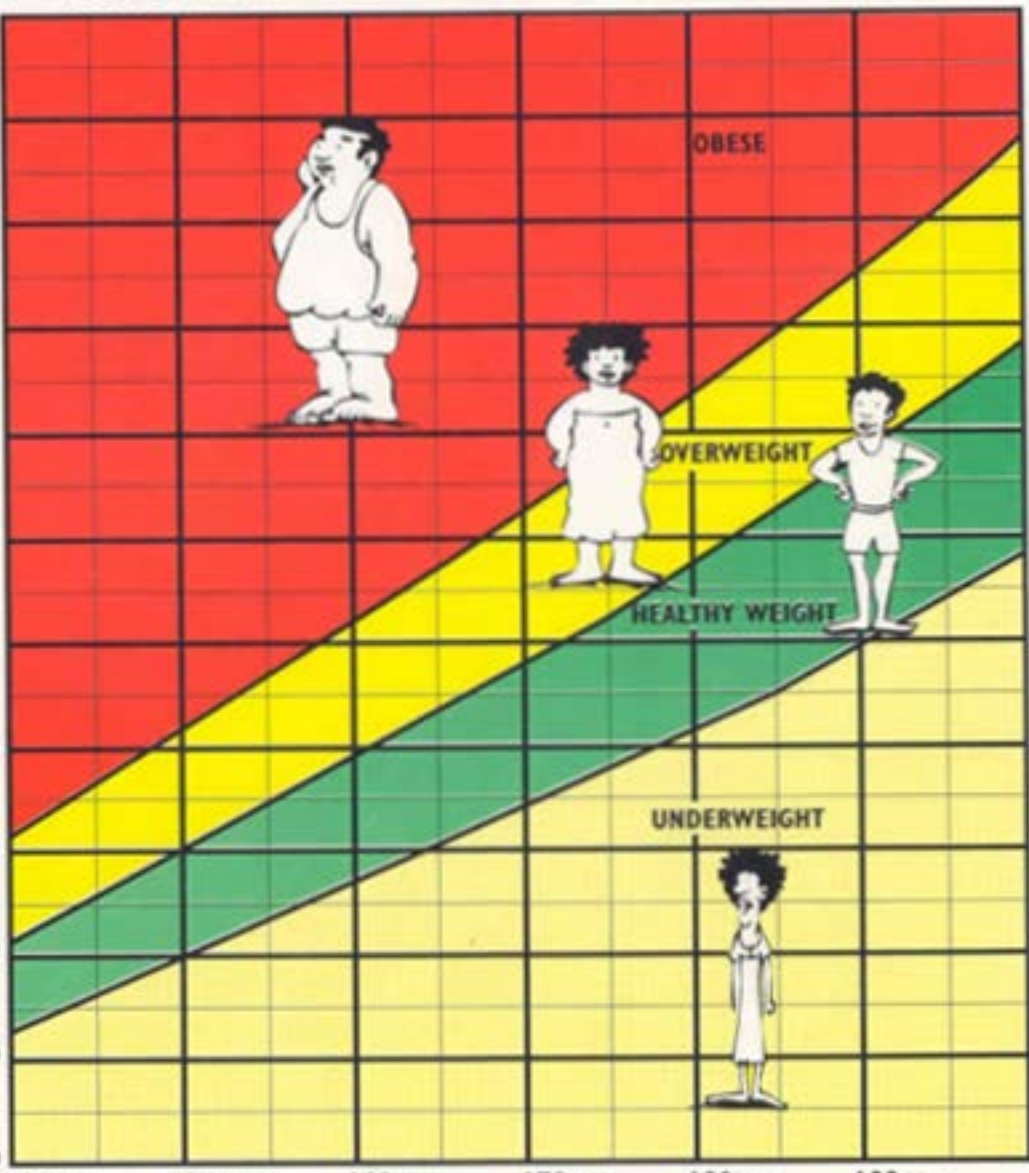


WEIGHT FOR HEIGHT CHART FOR MEN AND WOMEN FROM 18 YEARS AND OVER

Weight in kilograms and in pounds – in light clothing and bare feet

lb kg
308 140
297 136
286 130
275 125
264 120
253 115
242 110
231 105
220 100
209 95
198 90
187 85
176 80
165 75
154 70
143 65
132 60
121 55
110 50
99 45
88 40
77 35
66 30



32 BMI
27 BMI
22 BMI

THE BODY MASS INDEX (BMI) IS AN INDEX BASED ON WEIGHT AND HEIGHT. A BMI OF BETWEEN 22 AND 27 INDICATES YOU ARE WITHIN THE HEALTHY WEIGHT RANGE.



Secretariat of the Pacific Community
Adapted from the 1993 SPC Community Health Programme Look Fit, Be Healthy Poster
Based on figures from the Australian Nutrition Foundation and the Tonga Nutrition Committee
Design by Jodi LeBar
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Funded by the Governments of New Zealand
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140 cm 150 cm 160 cm 170 cm 180 cm 190 cm
4 ft 7 in 4 ft 11 in 5 ft 3 in 5 ft 7 in 5 ft 11 in 6 ft 3 in

Height in centimetres and feet & inches – bare feet