

		BMI
Underweight		<18.5 kg/m²
Normal or acceptable weight		18.5-24.9 kg/m²
Overweight		25-29.9 kg/m²
Obese		≥30 kg/m²
	Grade 1	30-34.9 kg/m²
	Grade 2	35.0-39.9 kg/m²
	Grade 3	≥40 kg/m² (severe, extreme or morbid obesity)
	Grade 4	≥50 kg/m²
	Grade 5	≥60 kg/m²
Abdominal obesity in Caucasians		Waist girth
	Men	≥94 cm
	Women	≥80 cm