

**Table 13. Classification of Overweight/Obesity by Body Mass Index, Waist Circumference, and Associated Disease Risk**

	Body Mass Index (kg/m <sup>2</sup> )	Obesity Class	Disease Risk* Relative to Normal Weight and Waist Circumference	
			Men ≤102 cm (≤40 in) Women ≤88 cm (≤35 in)	Men >102 cm (>40 in) Women >88 cm (>35 in)
Underweight	<18.5	–	–	–
Normal <sup>†</sup>	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

\* Risk for type 2 diabetes, hypertension, and cardiovascular disease.

† Increased waist circumference can also be a marker for increased risk even in persons of normal weight.

National Heart, Lung, and Blood Institute. Obesity Education Initiative Expert Panel. Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report 1998. NIH Publication 98-4083.