

## Healthy Weight Chart for Asian Adults

Height (ft / in)	Weight (lbs)			
	Underweight (less than)	Healthy Weight	Overweight	Obese (more than)
4' 0"	< 60.6	60.6 - 75.3	75.4 - 90.1	> 90.1
4' 1"	< 63.2	63.2 - 78.4	78.5 - 93.9	> 93.9
4' 2"	< 65.8	65.8 - 81.7	81.8 - 97.8	> 97.8
4' 3"	< 68.4	68.4 - 85.0	85.1 - 101.7	> 101.7
4' 4"	< 71.2	71.2 - 88.4	88.5 - 105.8	> 105.8
4' 5"	< 73.9	73.9 - 91.8	91.9 - 109.9	> 109.9
4' 6"	< 76.7	76.7 - 95.3	95.4 - 114.1	> 114.1
4' 7"	< 79.6	79.6 - 98.9	99.0 - 118.3	> 118.3
4' 8"	< 82.5	82.5 - 102.5	102.6 - 122.7	> 122.7
4' 9"	< 85.5	85.5 - 106.2	106.3 - 127.1	> 127.1
4' 10"	< 88.5	88.5 - 109.9	110.0 - 131.6	> 131.6
4' 11"	< 91.6	91.6 - 113.8	113.9 - 136.2	> 136.2
5' 0"	< 94.7	94.7 - 117.7	117.8 - 140.8	> 140.8
5' 1"	< 97.9	97.9 - 121.6	121.7 - 145.5	> 145.5
5' 2"	< 101.1	101.1 - 125.7	125.8 - 150.4	> 150.4
5' 3"	< 104.4	104.4 - 129.7	129.8 - 155.2	> 155.2
5' 4"	< 107.8	107.8 - 133.9	134.0 - 160.2	> 160.2
5' 5"	< 111.2	111.2 - 138.1	138.2 - 165.3	> 165.3
5' 6"	< 114.6	114.6 - 142.4	142.5 - 170.4	> 170.4
5' 7"	< 118.1	118.1 - 146.8	146.9 - 175.6	> 175.6
5' 8"	< 121.7	121.7 - 151.2	151.3 - 180.9	> 180.9
5' 9"	< 125.3	125.3 - 155.6	155.7 - 186.2	> 186.2
5' 10"	< 128.9	128.9 - 160.2	160.3 - 191.7	> 191.7
5' 11"	< 132.6	132.6 - 164.8	164.9 - 197.2	> 197.2
6' 0"	< 136.4	136.4 - 169.5	169.6 - 202.8	> 202.8
6' 1"	< 140.2	140.2 - 174.2	174.3 - 208.4	> 208.4
6' 2"	< 144.1	144.1 - 179.0	179.1 - 214.2	> 214.2
6' 3"	< 148.0	148.0 - 183.9	184.0 - 220.0	> 220.0
6' 4"	< 152.0	152.0 - 188.9	189.0 - 225.9	> 225.9
6' 5"	< 156.0	156.0 - 193.9	194.0 - 231.9	> 231.9
6' 6"	< 160.1	160.1 - 198.9	199.0 - 238.0	> 238.0

**Note:** Weight ranges are calculated based on the Body Mass Index (BMI) cutoffs recommended for Asians by the World Health Organization. Underweight is a BMI less than 18.5. Healthy Weight is a BMI from 18.5 to less than 23.0. Overweight is a BMI from 23.0 to 27.5. Obese weight is a BMI greater than 27.5.

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