

付録：BMI (Body Mass Index) 一覧表

● BMI = 体重 (kg) ÷ [身長 (m) × 身長 (m)]

身長 (cm) \ BMI	肥満 →											
	20	21	22	23	24	25	26	27	28	29	30	
140	39.2	41.2	43.1	45.1	47.0	49.0	51.0	52.9	54.9	56.8	58.8	
141	39.8	41.8	43.7	45.7	47.7	49.7	51.7	53.7	55.7	57.7	59.6	
142	40.3	42.3	44.4	46.4	48.4	50.4	52.4	54.4	56.5	58.5	60.5	
143	40.9	42.9	45.0	47.0	49.1	51.1	53.2	55.2	57.3	59.3	61.3	
144	41.5	43.5	45.6	47.7	49.8	51.8	53.9	56.0	58.1	60.1	62.2	
145	42.1	44.2	46.3	48.4	50.5	52.6	54.7	56.8	58.9	61.0	63.1	
146	42.6	44.8	46.9	49.0	51.2	53.3	55.4	57.6	59.7	61.8	63.9	
147	43.2	45.4	47.5	49.7	51.9	54.0	56.2	58.3	60.5	62.7	64.8	
148	43.8	46.0	48.2	50.4	52.6	54.8	57.0	59.1	61.3	63.5	65.7	
149	44.4	46.6	48.8	51.1	53.3	55.5	57.7	59.9	62.2	64.4	66.6	
150	45.0	47.3	49.5	51.8	54.0	56.3	58.5	60.8	63.0	65.3	67.5	
151	45.6	47.9	50.2	52.4	54.7	57.0	59.3	61.6	63.8	66.1	68.4	
152	46.2	48.5	50.8	53.1	55.4	57.8	60.1	62.4	64.7	67.0	69.3	
153	46.8	49.2	51.5	53.8	56.2	58.5	60.9	63.2	65.5	67.9	70.2	
154	47.4	49.8	52.2	54.5	56.9	59.3	61.7	64.0	66.4	68.8	71.1	
155	48.1	50.5	52.9	55.3	57.7	60.1	62.5	64.9	67.3	69.7	72.1	
156	48.7	51.1	53.5	56.0	58.4	60.8	63.3	65.7	68.1	70.6	73.0	
157	49.3	51.8	54.2	56.7	59.2	61.6	64.1	66.6	69.0	71.5	73.9	
158	49.9	52.4	54.9	57.4	59.9	62.4	64.9	67.4	69.9	72.4	74.9	
159	50.6	53.1	55.6	58.1	60.7	63.2	65.7	68.3	70.8	73.3	75.8	
160	51.2	53.8	56.3	58.9	61.4	64.0	66.6	69.1	71.7	74.2	76.8	
161	51.8	54.4	57.0	59.6	62.2	64.8	67.4	70.0	72.6	75.2	77.8	
162	52.5	55.1	57.7	60.4	63.0	65.6	68.2	70.9	73.5	76.1	78.7	
163	53.1	55.8	58.5	61.1	63.8	66.4	69.1	71.7	74.4	77.1	79.7	
164	53.8	56.5	59.2	61.9	64.6	67.2	69.9	72.6	75.3	78.0	80.7	

身長 (cm) \ BMI	肥満 →											
	20	21	22	23	24	25	26	27	28	29	30	
165	54.5	57.2	59.9	62.6	65.3	68.1	70.8	73.5	76.2	79.0	81.7	
166	55.1	57.9	60.6	63.4	66.1	68.9	71.6	74.4	77.2	79.9	82.7	
167	55.8	58.6	61.4	64.1	66.9	69.7	72.5	75.3	78.1	80.9	83.7	
168	56.4	59.3	62.1	64.9	67.7	70.6	73.4	76.2	79.0	81.8	84.7	
169	57.1	60.0	62.8	65.7	68.5	71.4	74.3	77.1	80.0	82.8	85.7	
170	57.8	60.7	63.6	66.5	69.4	72.3	75.1	78.0	80.9	83.8	86.7	
171	58.5	61.4	64.3	67.3	70.2	73.1	76.0	79.0	81.9	84.8	87.7	
172	59.2	62.1	65.1	68.0	71.0	74.0	76.9	79.9	82.8	85.8	88.8	
173	59.9	62.9	65.8	68.8	71.8	74.8	77.8	80.8	83.8	86.8	89.8	
174	60.6	63.6	66.6	69.6	72.7	75.7	78.7	81.7	84.8	87.8	90.8	
175	61.3	64.3	67.4	70.4	73.5	76.6	79.6	82.7	85.8	88.8	91.9	
176	62.0	65.0	68.1	71.2	74.3	77.4	80.5	83.6	86.7	89.8	92.9	
177	62.7	65.8	68.9	72.1	75.2	78.3	81.5	84.6	87.7	90.9	94.0	
178	63.4	66.5	69.7	72.9	76.0	79.2	82.4	85.5	88.7	91.9	95.1	
179	64.1	67.3	70.5	73.7	76.9	80.1	83.3	86.5	89.7	92.9	96.1	
180	64.8	68.0	71.3	74.5	77.8	81.0	84.2	87.5	90.7	94.0	97.2	
181	65.5	68.8	72.1	75.4	78.6	81.9	85.2	88.5	91.7	95.0	98.3	
182	66.2	69.6	72.9	76.2	79.5	82.8	86.1	89.4	92.7	96.1	99.4	
183	67.0	70.3	73.7	77.0	80.4	83.7	87.1	90.4	93.8	97.1	100.5	
184	67.7	71.1	74.5	77.9	81.3	84.6	88.0	91.4	94.8	98.2	101.6	
185	68.5	71.9	75.3	78.7	82.1	85.6	89.0	92.4	95.8	99.3	102.7	
186	69.2	72.7	76.1	79.6	83.0	86.5	89.9	93.4	96.9	100.3	103.8	
187	69.9	73.4	76.9	80.4	83.9	87.4	90.9	94.4	97.9	101.4	104.9	
188	70.7	74.2	77.8	81.3	84.8	88.4	91.9	95.4	99.0	102.5	106.0	
189	71.4	75.0	78.6	82.2	85.7	89.3	92.9	96.4	100.0	103.6	107.2	
190	72.2	75.8	79.4	83.0	86.6	90.3	93.9	97.5	101.1	104.7	108.3	