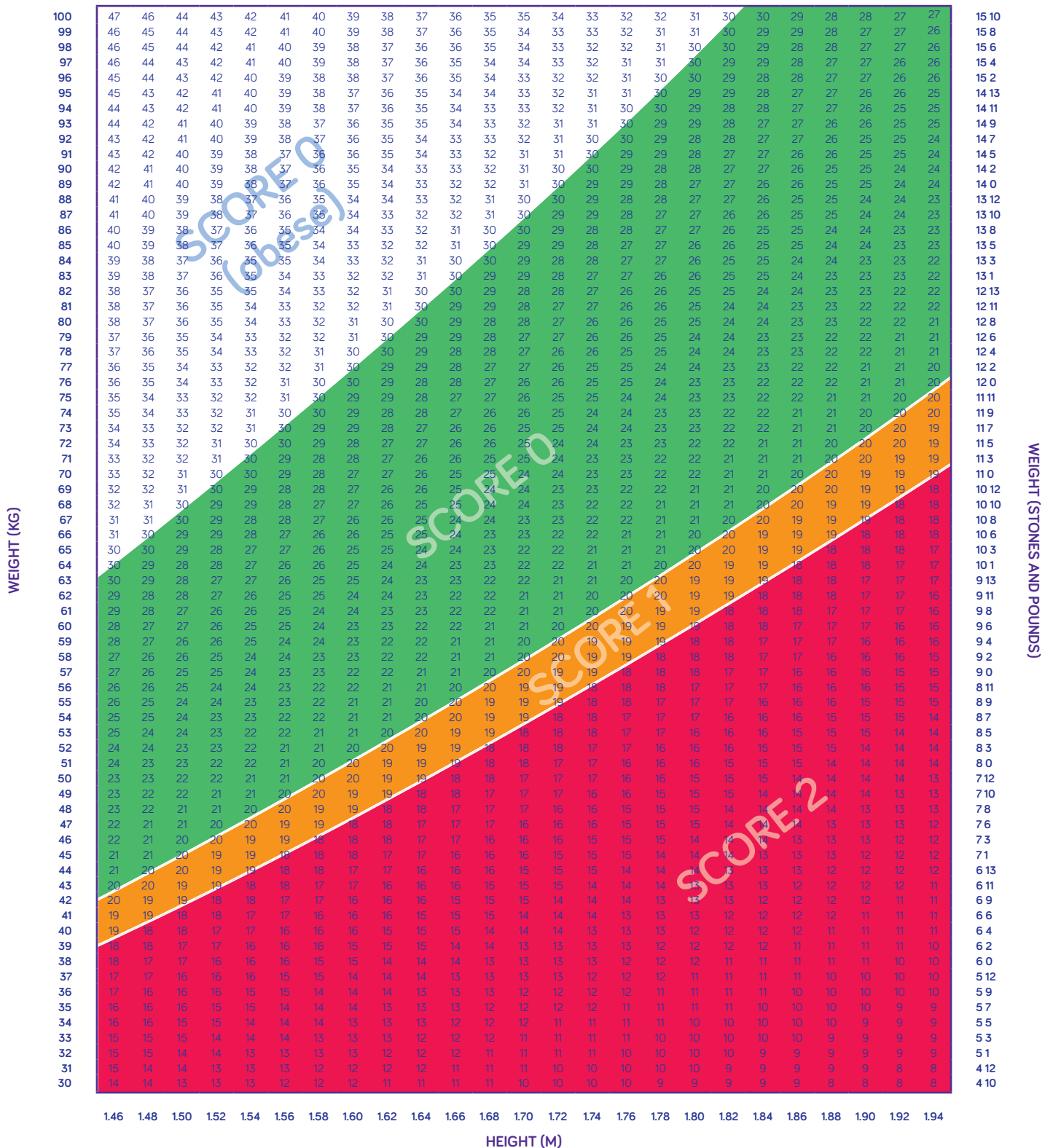


# BODY MASS INDEX (BMI) SCORE CHART

HEIGHT (FEET AND INCHES)

4'9" 4'10" 4'11" 5'0" 5'0½" 5'1½" 5'2" 5'3" 5'4" 5'4½" 5'5½" 5'6" 5'7" 5'7½" 5'8½" 5'9½" 5'10" 5'11" 5'11½" 6'0½" 6'1" 6'2" 6'3" 6'3½" 6'4½"



WEIGHT (KG)

WEIGHT (STONES AND POUNDS)

**Note:** The white lines denote the exact cut off points (30,20 and 18.5 kg/m<sup>2</sup>), figures on the chart have been rounded to the nearest whole number.

BMI & PROTEIN ENERGY MALNUTRITION (PEM)		
GREEN ZONE	PEM unlikely	Score 0
YELLOW ZONE	Possible PEM	Score 1
RED ZONE	Probable PEM	Score 2
WHITE ZONE	HIGH RISK OF OBESITY RELATED DISORDERS	Score 0



# WEIGHT LOSS SCORE CHART

<b>Score 0</b> Wt loss <5%	<b>Score 1</b> Wt loss 5-10%	<b>Score 2</b> Wt loss >10%
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<b>Score 0</b> Wt loss <5%	<b>Score 1</b> Wt loss 5-10%	<b>Score 2</b> Wt loss >10%
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## WEIGHT 3 TO 6 MONTHS AGO

## WEIGHT 3 TO 6 MONTHS AGO

CURRENT WEIGHT	kg	st lb	WEIGHT 3 TO 6 MONTHS AGO		
			Less than (kg)	Between (kg)	More than (kg)
30	4	10	31.6	31.6-33.3	33.3
31	4	12	32.6	32.6-34.4	34.4
32	5	1	33.7	33.7-35.6	35.6
33	5	3	34.7	34.7-36.7	36.7
34	5	5	35.8	35.8-37.7	37.8
35	5	7	36.8	36.8-38.9	38.9
36	5	9	37.9	37.9-40.0	40.0
37	5	12	38.9	38.8-41.1	41.1
38	6	0	40.0	40.0-42.2	42.2
39	6	2	41.1	41.1-43.3	43.3
40	6	4	42.1	42.1-44.4	44.4
41	6	6	43.2	43.2-45.6	45.6
42	6	9	44.2	44.2-46.7	46.7
43	6	11	45.3	45.3-47.8	47.8
44	6	13	46.3	46.3-48.9	48.9
45	7	1	47.4	47.4-50.0	50.0
46	7	3	48.4	48.4-51.1	51.1
47	7	6	49.5	49.5-52.2	52.2
48	7	8	50.5	50.5-53.3	53.3
49	7	10	51.6	51.6-54.4	54.4
50	7	12	52.6	52.6-55.6	55.6
51	8	0	53.7	53.7-56.7	56.7
52	8	3	54.7	54.7-57.8	57.8
53	8	5	55.8	55.8-58.9	58.9
54	8	7	56.8	56.8-60.0	60.0
55	8	9	57.9	57.9-61.1	61.1
56	8	11	58.9	58.9-62.2	62.2
57	9	0	60.0	60.0-63.3	63.3
58	9	2	61.1	61.1-64.4	64.4
59	9	4	62.1	62.1-65.6	65.6
60	9	6	63.2	63.2-66.7	66.7
61	9	8	64.2	64.2-67.8	67.8
62	9	11	65.3	65.3-68.9	68.9
63	9	13	66.3	66.3-70.0	70.0
64	10	1	67.4	67.4-71.1	71.1

CURRENT WEIGHT	kg	st lb	WEIGHT 3 TO 6 MONTHS AGO		
			Less than (kg)	Between (kg)	More than (kg)
65	10	3	68.4	68.4-72.2	72.2
66	10	6	69.5	69.5-73.3	73.3
67	10	8	70.5	70.5-74.4	74.4
68	10	10	71.6	71.6-75.6	75.6
69	10	12	72.6	72.6-76.7	76.7
70	11	0	73.7	73.7-77.8	77.8
71	11	3	74.7	74.7-78.9	78.9
72	11	5	75.8	75.8-80.0	80.0
73	11	7	76.8	76.8-81.1	81.1
74	11	9	77.9	79.9-82.2	82.2
75	11	11	78.9	78.9-83.3	83.3
76	12	0	80.0	80.0-84.4	84.4
77	12	2	81.1	81.1-85.6	85.6
78	12	4	82.1	82.1-86.7	86.7
79	12	6	83.2	83.2-87.8	87.8
80	12	8	84.2	84.2-88.9	88.9
81	12	11	85.3	85.3-90.0	90.0
82	12	13	86.3	86.3-91.1	91.1
83	13	1	87.4	87.4-92.2	92.2
84	13	3	88.4	88.4-93.3	93.3
85	13	5	89.5	89.5-94.4	94.4
86	13	8	90.5	90.5-95.6	95.6
87	13	10	91.6	91.6-96.7	96.7
88	13	12	92.6	92.6-97.8	97.8
89	14	0	93.7	93.7-98.9	98.9
90	14	2	94.7	94.7-100.0	100.0
91	14	5	95.8	95.8-101.1	101.1
92	14	7	96.8	96.8-102.2	102.2
93	14	9	97.9	97.9-103.3	103.3
94	14	11	98.9	98.9-104.4	104.4
95	14	13	100.0	100.0-105.6	105.6
96	15	2	101.1	101.1-106.7	106.7
97	15	4	102.1	102.1-107.8	107.8
98	15	6	103.2	103.2-108.9	108.9
99	15	8	104.2	104.2-110.0	110.0

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