

Disease Risk* Relative to Normal Weight and Waist Circumference				
	BMI (kg/m ²)	Obesity Class	Men 102 cm (40 in.) or less	Men >102 cm (40 in.)
			Women 88 cm (35 in.) or less	Women >88 cm (35 in.)
Underweight	<18.5		–	–
Normal	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	40.0 [†]	III	Extremely high	Extremely high

*Disease risk for type 2 diabetes, hypertension, and CVD.

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

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