

If you are NOT Asian American or Pacific Islander		If you are Asian American		If you are Pacific Islander	
At-risk BMI ≥ 25		At-risk BMI ≥ 23		At-risk BMI ≥ 26	
Height	Weight	Height	Weight	Height	Weight
4'10"	119	4'10"	110	4'10"	124
4'11"	124	4'11"	114	4'11"	128
5'0"	128	5'0"	118	5'0"	133
5'1"	132	5'1"	122	5'1"	137
5'2"	136	5'2"	126	5'2"	142
5'3"	141	5'3"	130	5'3"	146
5'4"	145	5'4"	134	5'4"	151
5'5"	150	5'5"	138	5'5"	156
5'6"	155	5'6"	142	5'6"	161
5'7"	159	5'7"	146	5'7"	166
5'8"	164	5'8"	151	5'8"	171
5'9"	169	5'9"	155	5'9"	176
5'10"	174	5'10"	160	5'10"	181
5'11"	179	5'11"	165	5'11"	186
6'0"	184	6'0"	169	6'0"	191
6'1"	189	6'1"	174	6'1"	197
6'2"	194	6'2"	179	6'2"	202
6'3"	200	6'3"	184	6'3"	208
6'4"	205	6'4"	189	6'4"	213