

Table**Classifications for body mass index (BMI)**

Classification	BMI
Underweight	$< 18.5 \text{ kg/m}^2$
Normal weight	$18.5\text{-}24.9 \text{ kg/m}^2$
Overweight	$25\text{-}29.9 \text{ kg/m}^2$
Obesity Class I	$30\text{-}34.9 \text{ kg/m}^2$
Obesity Class II	$35\text{-}39.9 \text{ kg/m}^2$
Extreme Obesity Class III	$\geq 40 \text{ kg/m}^2$

Source: NHLBI Obesity Education Initiative