体格(BMI:body mass index)早見表

計算式　BMI＝体重(kg)÷身長(m)÷身長(m)

体重(kg) ＼ 身長(cm)	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185
38	18.1	17.8	17.6	17.3	17.1	16.9	16.7	16.4	16.2	16.0																															
39	18.5	18.3	18.0	17.8	17.6	17.3	17.1	16.9	16.7	16.4	16.2	16.0																													
40	19.0	18.8	18.5	18.3	18.0	17.8	17.5	17.3	17.1	16.9	16.6	16.4	16.2	16.0																											
41	19.5	19.2	19.0	18.7	18.5	18.2	18.0	17.7	17.5	17.3	17.1	16.8	16.6	16.4	16.2	16.0																									
42	20.0	19.7	19.4	19.2	18.9	18.7	18.4	18.2	17.9	17.7	17.5	17.3	17.0	16.8	16.6	16.4	16.2	16.0																							
43	20.5	20.2	19.9	19.6	19.4	19.1	18.9	18.6	18.4	18.1	17.9	17.7	17.4	17.2	17.0	16.8	16.6	16.4	16.2	16.0																					
44	20.9	20.6	20.4	20.1	19.8	19.6	19.3	19.0	18.8	18.6	18.3	18.1	17.9	17.6	17.4	17.2	17.0	16.8	16.6	16.4	16.2	16.0																			
45	21.4	21.1	20.8	20.5	20.3	20.0	19.7	19.5	19.2	19.0	18.7	18.5	18.3	18.0	17.8	17.6	17.4	17.1	16.9	16.7	16.5	16.3	16.1																		
46	21.9	21.6	21.3	21.0	20.7	20.4	20.2	19.9	19.7	19.4	19.1	18.9	18.7	18.4	18.2	18.0	17.7	17.5	17.3	17.1	16.9	16.7	16.5	16.3	16.1																
47	22.4	22.0	21.8	21.5	21.2	20.9	20.6	20.3	20.1	19.8	19.6	19.3	19.1	18.8	18.6	18.4	18.1	17.9	17.7	17.5	17.3	17.1	16.9	16.7	16.5	16.3	16.1														
48	22.8	22.5	22.2	21.9	21.6	21.3	21.1	20.8	20.5	20.2	20.0	19.7	19.5	19.2	19.0	18.8	18.5	18.3	18.1	17.8	17.6	17.4	17.2	17.0	16.8	16.6	16.4	16.2	16.0												
49	23.3	23.0	22.7	22.4	22.1	21.8	21.5	21.2	20.9	20.7	20.4	20.1	19.9	19.6	19.4	19.1	18.9	18.7	18.4	18.2	18.0	17.8	17.6	17.4	17.2	17.0	16.8	16.6	16.4	16.2	16.0										
50	23.8	23.5	23.1	22.8	22.5	22.2	21.9	21.6	21.4	21.1	20.8	20.5	20.3	20.0	19.8	19.5	19.3	19.1	18.8	18.6	18.4	18.1	17.9	17.7	17.5	17.3	17.1	16.9	16.7	16.5	16.3	16.1	16.0								
51	24.3	23.9	23.6	23.3	23.0	22.7	22.4	22.1	21.8	21.5	21.2	21.0	20.7	20.4	20.2	19.9	19.7	19.4	19.2	19.0	18.7	18.5	18.3	18.1	17.9	17.6	17.4	17.2	17.0	16.8	16.7	16.5	16.3	16.1							
52	24.7	24.4	24.1	23.7	23.4	23.1	22.8	22.5	22.2	21.9	21.6	21.4	21.1	20.8	20.6	20.3	20.1	19.8	19.6	19.3	19.1	18.9	18.6	18.4	18.2	18.0	17.8	17.6	17.4	17.2	17.0	16.8	16.6	16.4	16.2	16.0					
53	25.2	24.9	24.5	24.2	23.9	23.6	23.2	22.9	22.6	22.3	22.1	21.8	21.5	21.2	21.0	20.7	20.4	20.2	19.9	19.7	19.5	19.2	19.0	18.8	18.6	18.3	18.1	17.9	17.7	17.5	17.3	17.1	16.9	16.7	16.5	16.4	16.2	16.0			
54	25.7	25.3	25.0	24.7	24.3	24.0	23.7	23.4	23.1	22.8	22.5	22.2	21.9	21.6	21.4	21.1	20.8	20.6	20.3	20.1	19.8	19.6	19.4	19.1	18.9	18.7	18.5	18.3	18.0	17.8	17.6	17.4	17.2	17.0	16.9	16.7	16.5	16.3	16.1		
55	26.2	25.8	25.5	25.1	24.8	24.4	24.1	23.8	23.5	23.2	22.9	22.6	22.3	22.0	21.8	21.5	21.2	21.0	20.7	20.4	20.2	20.0	19.7	19.5	19.3	19.0	18.8	18.6	18.4	18.2	18.0	17.8	17.6	17.4	17.2	17.0	16.8	16.6	16.4	16.2	16.1
56	26.6	26.3	25.9	25.6	25.2	24.9	24.6	24.2	23.9	23.6	23.3	23.0	22.7	22.4	22.2	21.9	21.6	21.3	21.1	20.8	20.6	20.3	20.1	19.8	19.6	19.4	19.2	18.9	18.7	18.5	18.3	18.1	17.9	17.7	17.5	17.3	17.1	16.9	16.7	16.5	16.4
57	27.1	26.7	26.4	26.0	25.7	25.3	25.0	24.7	24.3	24.0	23.7	23.4	23.1	22.8	22.5	22.3	22.0	21.7	21.5	21.2	20.9	20.7	20.4	20.2	20.0	19.7	19.5	19.3	19.0	18.8	18.6	18.4	18.2	18.0	17.8	17.6	17.4	17.2	17.0	16.8	16.7
58	27.6	27.2	26.8	26.5	26.1	25.8	25.4	25.1	24.8	24.5	24.1	23.8	23.5	23.2	22.9	22.7	22.4	22.1	21.8	21.6	21.3	21.0	20.8	20.5	20.3	20.1	19.8	19.6	19.4	19.2	18.9	18.7	18.5	18.3	18.1	17.9	17.7	17.5	17.3	17.1	16.9
59	28.1	27.7	27.3	26.9	26.6	26.2	25.9	25.5	25.2	24.9	24.6	24.2	23.9	23.6	23.3	23.0	22.8	22.5	22.2	21.9	21.7	21.4	21.2	20.9	20.7	20.4	20.2	19.9	19.7	19.5	19.3	19.0	18.8	18.6	18.4	18.2	18.0	17.8	17.6	17.4	17.2
60	28.5	28.1	27.8	27.4	27.0	26.7	26.3	26.0	25.6	25.3	25.0	24.7	24.3	24.0	23.7	23.4	23.1	22.9	22.6	22.3	22.0	21.8	21.5	21.3	21.0	20.8	20.5	20.3	20.0	19.8	19.6	19.4	19.2	18.9	18.7	18.5	18.3	18.1	17.9	17.7	17.5
61	29.0	28.6	28.2	27.8	27.5	27.1	26.8	26.4	26.1	25.7	25.4	25.1	24.7	24.4	24.1	23.8	23.5	23.2	23.0	22.7	22.4	22.1	21.9	21.6	21.4	21.1	20.9	20.6	20.4	20.1	19.9	19.7	19.5	19.3	19.0	18.8	18.6	18.4	18.2	18.0	17.8
62	29.5	29.1	28.7	28.3	27.9	27.6	27.2	26.8	26.5	26.1	25.8	25.5	25.2	24.8	24.5	24.2	23.9	23.6	23.3	23.1	22.8	22.5	22.2	22.0	21.7	21.5	21.2	21.0	20.7	20.5	20.2	20.0	19.8	19.6	19.4	19.1	18.9	18.7	18.5	18.3	18.1
63	30.0	29.6	29.2	28.8	28.4	28.0	27.6	27.3	26.9	26.6	26.2	25.9	25.6	25.2	24.9	24.6	24.3	24.0	23.7	23.4	23.1	22.9	22.6	22.3	22.1	21.8	21.5	21.3	21.0	20.8	20.6	20.3	20.1	19.9	19.7	19.4	19.2	19.0	18.8	18.6	18.4
64	30.4	30.0	29.6	29.2	28.8	28.4	28.1	27.7	27.3	27.0	26.6	26.3	26.0	25.6	25.3	25.0	24.7	24.4	24.1	23.8	23.5	23.2	22.9	22.7	22.4	22.1	21.9	21.6	21.4	21.1	20.9	20.7	20.4	20.2	20.0	19.8	19.5	19.3	19.1	18.9	18.7
65	30.9	30.5	30.1	29.7	29.3	28.9	28.5	28.1	27.8	27.4	27.1	26.7	26.4	26.0	25.7	25.4	25.1	24.8	24.5	24.2	23.9	23.6	23.3	23.0	22.8	22.5	22.2	22.0	21.7	21.5	21.2	21.0	20.7	20.5	20.3	20.1	19.8	19.6	19.4	19.2	19.0
66	31.4	31.0	30.5	30.1	29.7	29.3	28.9	28.6	28.2	27.8	27.5	27.1	26.8	26.4	26.1	25.8	25.5	25.1	24.8	24.5	24.2	24.0	23.7	23.4	23.1	22.8	22.6	22.3	22.1	21.8	21.6	21.3	21.1	20.8	20.6	20.4	20.1	19.9	19.7	19.5	19.3
67	31.9	31.4	31.0	30.6	30.2	29.8	29.4	29.0	28.6	28.3	27.9	27.5	27.2	26.8	26.5	26.2	25.8	25.5	25.2	24.9	24.6	24.3	24.0	23.7	23.5	23.2	22.9	22.6	22.4	22.1	21.9	21.6	21.4	21.1	20.9	20.7	20.5	20.2	20.0	19.8	19.6
68	32.3	31.9	31.5	31.0	30.6	30.2	29.8	29.4	29.0	28.7	28.3	27.9	27.6	27.2	26.9	26.6	26.2	25.9	25.6	25.3	25.0	24.7	24.4	24.1	23.8	23.5	23.3	23.0	22.7	22.5	22.2	22.0	21.7	21.5	21.2	21.0	20.8	20.5	20.3	20.1	19.9
69	32.8	32.4	31.9	31.5	31.1	30.7	30.3	29.9	29.5	29.1	28.7	28.4	28.0	27.6	27.3	27.0	26.6	26.3	26.0	25.7	25.3	25.0	24.7	24.4	24.2	23.9	23.6	23.3	23.1	22.8	22.5	22.3	22.0	21.8	21.5	21.3	21.1	20.8	20.6	20.4	20.2
70	33.3	32.8	32.4	32.0	31.5	31.1	30.7	30.3	29.9	29.5	29.1	28.8	28.4	28.0	27.7	27.3	27.0	26.7	26.3	26.0	25.7	25.4	25.1	24.8	24.5	24.2	23.9	23.7	23.4	23.1	22.9	22.6	22.3	22.1	21.8	21.6	21.4	21.1	20.9	20.7	20.5
71	33.8	33.3	32.9	32.4	32.0	31.6	31.1	30.7	30.3	29.9	29.6	29.2	28.8	28.4	28.1	27.7	27.4	27.1	26.7	26.4	26.1	25.8	25.5	25.2	24.9	24.6	24.3	24.0	23.7	23.5	23.2	22.9	22.7	22.4	22.2	21.9	21.7	21.4	21.2	21.0	20.7
72	34.2	33.8	33.3	32.9	32.4	32.0	31.6	31.2	30.8	30.4	30.0	29.6	29.2	28.8	28.5	28.1	27.8	27.4	27.1	26.8	26.4	26.1	25.8	25.5	25.2	24.9	24.6	24.3	24.1	23.8	23.5	23.2	23.0	22.7	22.5	22.2	22.0	21.7	21.5	21.3	21.0
73	34.7	34.2	33.8	33.3	32.9	32.4	32.0	31.6	31.2	30.8	30.4	30.0	29.6	29.2	28.9	28.5	28.2	27.8	27.5	27.1	26.8	26.5	26.2	25.9	25.6	25.3	25.0	24.7	24.4	24.1	23.8	23.6	23.3	23.0	22.8	22.5	22.3	22.0	21.8	21.6	21.3
74	35.2	34.7	34.2	33.8	33.3	32.9	32.5	32.0	31.6	31.2	30.8	30.4	30.0	29.6	29.3	28.9	28.5	28.2	27.9	27.5	27.2	26.9	26.5	26.2	25.9	25.6	25.3	25.0	24.7	24.4	24.2	23.9	23.6	23.4	23.1	22.8	22.6	22.3	22.1	21.9	21.6
75	35.7	35.2	34.7	34.2	33.8	33.3	32.9	32.5	32.0	31.6	31.2	30.8	30.4	30.0	29.7	29.3	28.9	28.6	28.2	27.9	27.5	27.2	26.9	26.6	26.3	26.0	25.6	25.4	25.1	24.8	24.5	24.2	23.9	23.7	23.4	23.1	22.9	22.6	22.4	22.2	21.9
76	36.1	35.7	35.2	34.7	34.2	33.8	33.3	32.9	32.5	32.0	31.6	31.2	30.8	30.4	30.1	29.7	29.3	29.0	28.6	28.3	27.9	27.6	27.3	26.9	26.6	26.3	26.0	25.7	25.4	25.1	24.8	24.5	24.3	24.0	23.7	23.5	23.2	22.9	22.7	22.4	22.2
77	36.6	36.1	35.6	35.2	34.7	34.2	33.8	33.3	32.9	32.5	32.0	31.6	31.2	30.8	30.5	30.1	29.7	29.3	29.0	28.6	28.3	27.9	27.6	27.3	27.0	26.6	26.3	26.0	25.7	25.4	25.1	24.9	24.6	24.3	24.0	23.8	23.5	23.2	23.0	22.7	22.5
78	37.1	36.6	36.1	35.6	35.1	34.7	34.2	33.8	33.3	32.9	32.5	32.1	31.6	31.2	30.9	30.5	30.1	29.7	29.4	29.0	28.7	28.3	28.0	27.6	27.3	27.0	26.7	26.4	26.1	25.8	25.5	25.2	24.9	24.6	24.3	24.1	23.8	23.5	23.3	23.0	22.8
79	37.6	37.1	36.6	36.1	35.6	35.1	34.6	34.2	33.7	33.3	32.9	32.5	32.0	31.6	31.2	30.9	30.5	30.1	29.7	29.4	29.0	28.7	28.3	28.0	27.7	27.3	27.0	26.7	26.4	26.1	25.8	25.5	25.2	24.9	24.7	24.4	24.1	23.8	23.6	23.3	23.1
80	38.0	37.5	37.0	36.5	36.0	35.6	35.1	34.6	34.2	33.7	33.3	32.9	32.5	32.0	31.6	31.3	30.9	30.5	30.1	29.7	29.4	29.0	28.7	28.3	28.0	27.7	27.4	27.0	26.7	26.4	26.1	25.8	25.5	25.2	25.0	24.7	24.4	24.2	23.9	23.6	23.4
81	38.5	38.0	37.5	37.0	36.5	36.0	35.5	35.1	34.6	34.2	33.7	33.3	32.9	32.4	32.0	31.6	31.2	30.9	30.5	30.1	29.8	29.4	29.0	28.7	28.4	28.0	27.7	27.4	27.1	26.8	26.4	26.1	25.9	25.6	25.3	25.0	24.7	24.5	24.2	23.9	23.7
82	39.0	38.5	37.9	37.4	36.9	36.4	36.0	35.5	35.0	34.6	34.1	33.7	33.3	32.8	32.4	32.0	31.6	31.2	30.9	30.5	30.1	29.8	29.4	29.1	28.7	28.4	28.0	27.7	27.4	27.1	26.8	26.5	26.2	25.9	25.6	25.3	25.0	24.8	24.5	24.2	24.0
83	39.5	38.9	38.4	37.9	37.4	36.9	36.4	35.9	35.5	35.0	34.5	34.1	33.7	33.2	32.8	32.4	32.0	31.6	31.2	30.9	30.5	30.1	29.8	29.4	29.1	28.7	28.4	28.1	27.7	27.4	27.1	26.8	26.5	26.2	25.9	25.6	25.3	25.1	24.8	24.5	24.3
84		39.4	38.9	38.3	37.8	37.3	36.8	36.4	35.9	35.4	35.0	34.5	34.1	33.6	33.2	32.8	32.4	32.0	31.6	31.2	30.9	30.5	30.1	29.8	29.4	29.1	28.7	28.4	28.1	27.7	27.4	27.1	26.8	26.5	26.2	25.9	25.6	25.4	25.1	24.8	24.5
85		39.9	39.3	38.8	38.3	37.8	37.3	36.8	36.3	35.8	35.4	34.9	34.5	34.0	33.6	33.2	32.8	32.4	32.0	31.6	31.2	30.8	30.5	30.1	29.8	29.4	29.1	28.7	28.4	28.1	27.8	27.4	27.1	26.8	26.5	26.2	25.9	25.7	25.4	25.1	24.8
86			39.8	39.3	38.7	38.2	37.7	37.2	36.7	36.3	35.8	35.3	34.9	34.4	34.0	33.6	33.2	32.8	32.4	32.0	31.6	31.2	30.8	30.5	30.1	29.8	29.4	29.1	28.7	28.4	28.1	27.8	27.5	27.1	26.8	26.5	26.3	26.0	25.7	25.4	25.1
87				39.7	39.2	38.7	38.2	37.7	37.2	36.7	36.2	35.7	35.3	34.9	34.4	34.0	33.6	33.2	32.7	32.3	32.0	31.6	31.2	30.8	30.5	30.1	29.8	29.4	29.1	28.7	28.4	28.1	27.8	27.5	27.2	26.9	26.6	26.3	26.0	25.7	25.4
88					39.6	39.1	38.6	38.1	37.6	37.1	36.6	36.2	35.7	35.3	34.8	34.4	33.9	33.5	33.1	32.7	32.3	31.9	31.6	31.2	30.8	30.4	30.1	29.7	29.4	29.1	28.7	28.4	28.1	27.8	27.5	27.2	26.9	26.6	26.3	26.0	25.7
89						39.6	39.0	38.5	38.0	37.5	37.0	36.6	36.1	35.7	35.2	34.8	34.3	33.9	33.5	33.1	32.7	32.3	31.9	31.5	31.2	30.8	30.4	30.1	29.7	29.4	29.1	28.7	28.4	28.1	27.8	27.5	27.2	26.9	26.6	26.3	26.0
90							39.5	39.0	38.4	37.9	37.5	37.0	36.5	36.1	35.6	35.2	34.7	34.3	33.9	33.5	33.1	32.7	32.3	31.9	31.5	31.1	30.8	30.4	30.1	29.7	29.4	29.1	28.7	28.4	28.1	27.8	27.5	27.2	26.9	26.6	26.3
91							39.9	39.4	38.9	38.4	37.9	37.4	36.9	36.5	36.0	35.5	35.1	34.7	34.3	33.8	33.4	33.0	32.6	32.2	31.9	31.5	31.1	30.8	30.4	30.1	29.7	29.4	29.0	28.7	28.4	28.1	27.8	27.5	27.2	26.9	26.6
92								39.8	39.3	38.8	38.3	37.8	37.3	36.9	36.4	35.9	35.5	35.1	34.6	34.2	33.8	33.4	33.0	32.6	32.2	31.8	31.5	31.1	30.7	30.4	30.0	29.7	29.4	29.0	28.7	28.4	28.1	27.8	27.5	27.2	26.9
93									39.7	39.2	38.7	38.2	37.7	37.3	36.8	36.3	35.9	35.4	35.0	34.6	34.2	33.7	33.3	33.0	32.6	32.2	31.8	31.4	31.1	30.7	30.4	30.0	29.7	29.4	29.0	28.7	28.4	28.1	27.8	27.5	27.2
94										39.6	39.1	38.6	38.1	37.7	37.2	36.7	36.3	35.8	35.4	34.9	34.5	34.1	33.7	33.3	32.9	32.5	32.1	31.8	31.4	31.0	30.7	30.3	30.0	29.7	29.3	29.0	28.7	28.4	28.1	27.8	27.5
95											39.5	39.0	38.5	38.1	37.6	37.1	36.6	36.2	35.8	35.3	34.9	34.5	34.1	33.7	33.3	32.9	32.5	32.1	31.7	31.4	31.0	30.7	30.3	30.0	29.6	29.3	29.0	28.7	28.4	28.1	27.8
96												39.4	38.9	38.5	38.0	37.5	37.0	36.6	36.1	35.7	35.3	34.8	34.4	34.0	33.6	33.2	32.8	32.4	32.1	31.7	31.3	31.0	30.6	30.3	30.0	29.6	29.3	29.0	28.7	28.4	28.0
97												39.9	39.4	38.9	38.4	37.9	37.4	37.0	36.5	36.1	35.6	35.2	34.8	34.4	34.0	33.6	33.2	32.8	32.4	32.0	31.7	31.3	31.0	30.6	30.3	29.9	29.6	29.3	29.0	28.7	28.3
98													39.8	39.3	38.8	38.3	37.8	37.3	36.9	36.4	36.0	35.6	35.1	34.7	34.3	33.9	33.5	33.1	32.7	32.4	32.0	31.6	31.3	30.9	30.6	30.2	29.9	29.6	29.3	28.9	28.6
99														39.7	39.2	38.7	38.2	37.7	37.3	36.8	36.4	35.9	35.5	35.1	34.7	34.3	33.9	33.5	33.1	32.7	32.3	32.0	31.6	31.2	30.9	30.6	30.2	29.9	29.6	29.2	28.9
100															39.6	39.1	38.6	38.1	37.6	37.2	36.7	36.3	35.9	35.4	35.0	34.6	34.2	33.8	33.4	33.0	32.7	32.3	31.9	31.6	31.2	30.9	30.5	30.2	29.9	29.5	29.2
101																39.5	39.0	38.5	38.0	37.6	37.1	36.7	36.2	35.8	35.4	34.9	34.5	34.1	33.7	33.4	33.0	32.6	32.2	31.9	31.5	31.2	30.8	30.5	30.2	29.8	29.5
102																39.8	39.4	38.9	38.4	37.9	37.5	37.0	36.6	36.1	35.7	35.3	34.9	34.5	34.1	33.7	33.3	32.9	32.6	32.2	31.8	31.5	31.1	30.8	30.5	30.1	29.8
103																	39.7	39.2	38.8	38.3	37.8	37.4	36.9	36.5	36.1	35.6	35.2	34.8	34.4	34.0	33.6	33.3	32.9	32.5	32.1	31.8	31.4	31.1	30.8	30.4	30.1
104																		39.6	39.1	38.7	38.2	37.7	37.3	36.8	36.4	36.0	35.6	35.2	34.7	34.4	34.0	33.6	33.2	32.8	32.5	32.1	31.7	31.4	31.1	30.7	30.4
105																			39.5	39.0	38.6	38.1	37.6	37.2	36.8	36.3	35.9	35.5	35.1	34.7	34.3	33.9	33.5	33.1	32.8	32.4	32.1	31.7	31.4	31.0	30.7

低体重のリスク

骨密度低下　筋力低下　月経不順　貧血　肌荒れ　不妊　早産　低出生体重児　(将来子どもが)生活習慣病

肥満のリスク

糖尿病　高血圧　月経不順　難産　(将来子どもが)生活習慣病

低体重	・18.5未満
普通体重	・18.5以上 ・25.0未満
肥満(1度)	・25.0以上 ・30.0未満
肥満(2度)	・30.0以上 ・35.0未満
肥満(3度)	・35.0以上 ・40.0未満