



体格 (BMI:body mass index) 早見表

▶計算式 BMI=体重(kg)÷身長(m)÷身長(m)

		身長(cm)																																				
		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
体重 (kg)	44	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	15.8	15.6	15.4	15.2	15.0	14.9	14.7	14.5	14.4	14.2	14.0	13.9	13.7	13.6	13.4	13.3	13.1	13.0	12.9	44
	46	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	15.9	15.7	15.5	15.4	15.2	15.0	14.9	14.7	14.5	14.4	14.2	14.0	13.9	13.7	13.6	13.4	46
	48	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	15.9	15.7	15.5	15.3	15.1	15.0	14.8	14.7	14.5	14.3	14.2	14.0	48
	50	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	15.8	15.6	15.4	15.3	15.1	14.9	14.8	14.6	50
	52	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	15.9	15.7	15.5	15.4	15.2	52
	54	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	15.9	15.8	54
	56	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	56
	58	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	58
	60	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	60
	62	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	62
	64	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	64
	66	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	66
	68	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	68
	70	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	70
	72	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	72
	74	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	74
	76	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	76
	78	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	78
	80	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	80
	82	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	82
84	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	84	
86	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	86	
88	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	88	
90	40.0	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	90	
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	92	
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	94	
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	28.1	27.8	27.5	96
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	98		
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	100		

やせ

- 18.5未満

普通

- 18.5以上
- 25.0未満

肥満Ⅰ度

- 25.0以上
- 30.0未満

肥満Ⅱ度

- 30.0以上
- 35.0未満

肥満Ⅲ度

- 35.0以上
- 40.0未満

◆健康を毎年受けましょう◆
 体重はあくまで目安です。
 生活習慣病は、進行するまで
 自覚症状がありません。
 健康診査を受けて早期に対処すれば
 健康を取り戻すことができます。

