

Body Mass Index (BMI)	
Weight Category	BMI ¹
Obese	≥ 30
Overweight	25–29.9
Normal	18.5–24.9
Underweight	< 18.5

¹Calculate BMI by dividing [weight (lb)] by [height (in)] squared and multiply by a conversion factor of 703. For example, a 200-pound, 6-foot individual has a BMI of 27.

From the Expert Q&A:
“Weight Gain and Metabolic Side Effects ”
with **Stephen Marder, MD**

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