

Body weight-associated disease risk

	Weight Class	BMI (kg/m ²)	Risk
Extreme underweight		< 14.0	Extremely High
Underweight		14.1 - 18.4	Increased
Normal		18.5 – 24.9	Normal
Overweight		25.0 – 29.9	Increased
Obesity	I	30.0 – 34.9	High
	II	35.0 – 39.9	Very High
	III	≥40.0	Extremely High

Adapted from Clinical Guidelines on the Identification, Evaluation, and Treatment of overweight and Obesity in Adults—The Evidence Report. National Institutes of Health, National Heart, Lung, and Blood Institute. *Obes Res* 1998;6(S2):S53.