

成人健康體重對照表

| 身高(公分) | 正常體重範圍 |               | 體重過重範圍 |               | 肥胖            |
|--------|--------|---------------|--------|---------------|---------------|
|        | 18.5   | $\leq$ BMI<24 | 24     | $\leq$ BMI<27 | BMI $\geq$ 27 |
| 144    | 38.4   | ~ 49.7 (公斤)   | 49.8   | ~ 55.9 (公斤)   | 56.0 (公斤)     |
| 145    | 38.9   | ~ 50.4        | 50.5   | ~ 56.7        | 56.8          |
| 146    | 39.4   | ~ 51.1        | 51.2   | ~ 57.5        | 57.6          |
| 147    | 40.0   | ~ 51.8        | 51.9   | ~ 58.2        | 58.3          |
| 148    | 40.5   | ~ 52.5        | 52.6   | ~ 59.0        | 59.1          |
| 149    | 41.1   | ~ 53.2        | 53.3   | ~ 59.8        | 59.9          |
| 150    | 41.6   | ~ 53.9        | 54.0   | ~ 60.7        | 60.8          |
| 151    | 42.2   | ~ 54.6        | 54.7   | ~ 61.5        | 61.6          |
| 152    | 42.7   | ~ 55.3        | 55.4   | ~ 62.3        | 62.4          |
| 153    | 43.3   | ~ 56.1        | 56.2   | ~ 63.1        | 63.2          |
| 154    | 43.9   | ~ 56.8        | 56.9   | ~ 63.9        | 64.0          |
| 155    | 44.4   | ~ 57.6        | 57.7   | ~ 64.8        | 64.9          |
| 156    | 45.0   | ~ 58.3        | 58.4   | ~ 65.6        | 65.7          |
| 157    | 45.6   | ~ 59.1        | 59.2   | ~ 66.5        | 66.6          |
| 158    | 46.2   | ~ 59.8        | 59.9   | ~ 67.3        | 67.4          |
| 159    | 46.8   | ~ 60.6        | 60.7   | ~ 68.2        | 68.3          |
| 160    | 47.4   | ~ 61.3        | 61.4   | ~ 69.0        | 69.1          |
| 161    | 48.0   | ~ 62.1        | 62.2   | ~ 69.9        | 70.0          |
| 162    | 48.6   | ~ 62.9        | 63.0   | ~ 70.8        | 70.9          |
| 163    | 49.2   | ~ 63.7        | 63.8   | ~ 71.6        | 71.7          |
| 164    | 49.8   | ~ 64.5        | 64.6   | ~ 72.5        | 72.6          |
| 165    | 50.4   | ~ 65.2        | 65.3   | ~ 73.4        | 73.5          |
| 166    | 51.0   | ~ 66.0        | 66.1   | ~ 74.3        | 74.4          |
| 167    | 51.6   | ~ 66.8        | 66.9   | ~ 75.2        | 75.3          |
| 168    | 52.2   | ~ 67.6        | 67.7   | ~ 76.1        | 76.2          |
| 169    | 52.8   | ~ 68.4        | 68.5   | ~ 77.0        | 77.1          |
| 170    | 53.5   | ~ 69.3        | 69.4   | ~ 77.9        | 78.0          |
| 171    | 54.1   | ~ 70.1        | 70.2   | ~ 78.9        | 79.0          |
| 172    | 54.7   | ~ 70.9        | 71.0   | ~ 79.8        | 79.9          |
| 173    | 55.4   | ~ 71.7        | 71.8   | ~ 80.7        | 80.8          |
| 174    | 56.0   | ~ 72.6        | 72.7   | ~ 81.6        | 81.7          |
| 175    | 56.7   | ~ 73.4        | 73.5   | ~ 82.6        | 82.7          |
| 176    | 57.3   | ~ 74.2        | 74.3   | ~ 83.5        | 83.6          |
| 177    | 58.0   | ~ 75.1        | 75.2   | ~ 84.5        | 84.6          |
| 178    | 58.6   | ~ 75.9        | 76.0   | ~ 85.4        | 85.5          |
| 179    | 59.3   | ~ 76.8        | 76.9   | ~ 86.4        | 86.5          |
| 180    | 59.9   | ~ 77.7        | 77.8   | ~ 87.4        | 87.5          |
| 181    | 60.6   | ~ 78.5        | 78.6   | ~ 88.4        | 88.5          |
| 182    | 61.3   | ~ 79.4        | 79.5   | ~ 89.3        | 89.4          |
| 183    | 62.0   | ~ 80.3        | 80.4   | ~ 90.3        | 90.4          |
| 184    | 62.6   | ~ 81.2        | 81.3   | ~ 91.3        | 91.4          |
| 185    | 63.3   | ~ 82.0        | 82.1   | ~ 92.3        | 92.4          |
| 186    | 64.0   | ~ 82.9        | 83.0   | ~ 93.3        | 93.4          |
| 187    | 64.7   | ~ 83.8        | 83.9   | ~ 94.3        | 94.4          |
| 188    | 65.4   | ~ 84.7        | 84.8   | ~ 95.3        | 95.4          |
| 189    | 66.1   | ~ 85.6        | 85.7   | ~ 96.3        | 96.4          |
| 190    | 66.8   | ~ 86.5        | 86.6   | ~ 97.4        | 97.5          |