

Weight Category	Body Mass Index	
	Children	Adults
<b>Underweight</b>	Below 5th percentile*	Below 18.5
<b>Healthy weight</b>	5th percentile to less than 85th percentile	18.5 to 24.9
<b>Overweight</b>	85th percentile to less than 95th percentile	25 to 29.9
<b>Obese</b>	95th percentile or above	30 or above

Source: U.S. National Institutes of Health

<https://www.nhlbi.nih.gov/health/health-topics/topics/obe/signs>