

# 自分の適正体重を知りましょう

●BMI(体格指数)の出し方

$$\text{BMI} = \text{体重(kg)} \div \text{身長(m)} \div \text{身長(m)}$$

●適正体重の出し方(成人の場合)

$$\text{適正体重(kg)} = \text{身長(m)} \times \text{身長(m)} \times 22$$

要注意	正常域					要注意		
やせ (18.5未満) BMI 身長(cm)	18.5	適正体重				肥満		
		成人 ~74歳	75~79歳	80~84歳	~85歳			
140	36.3	43.1	41.6	40.6	40.0	49.0	58.8	68.6
141	36.8	43.7	42.1	41.1	40.6	49.7	59.6	69.6
142	37.3	44.4	42.7	41.8	41.1	50.4	60.5	70.6
143	37.8	45.0	43.4	42.3	41.7	51.1	61.3	71.6
144	38.4	45.6	44.0	42.9	42.3	51.8	62.2	72.6
145	38.9	46.3	44.6	43.5	42.9	52.6	63.1	73.6
146	39.4	46.9	45.2	44.1	43.5	53.3	63.9	74.6
147	40.0	47.5	45.8	44.7	44.1	54.0	64.8	75.6
148	40.5	48.2	46.4	45.3	44.7	54.8	65.7	76.7
149	41.1	48.8	47.1	46.0	45.3	55.5	66.6	77.7
150	41.6	49.5	47.7	46.6	45.9	56.3	67.5	78.8
151	42.2	50.2	48.3	47.2	46.5	57.0	68.4	79.8
152	42.7	50.8	49.0	47.8	47.1	57.8	69.3	80.9
153	43.3	51.5	49.6	48.4	47.8	58.5	70.2	81.9
154	43.9	52.2	50.3	49.1	48.4	59.3	71.1	83.0
155	44.4	52.9	50.9	49.7	49.0	60.1	72.1	84.1
156	45.0	53.5	51.6	50.4	49.6	60.8	73.0	85.2
157	45.6	54.2	52.2	51.0	50.3	61.6	73.9	86.3
158	46.2	54.9	52.9	51.7	50.9	62.4	74.9	87.4
159	46.8	55.6	53.9	52.3	51.6	63.2	75.8	88.5
160	47.4	56.3	54.3	53.0	52.2	64.0	76.8	89.6
161	48.0	57.0	55.0	53.7	52.9	64.8	77.8	90.7
162	48.6	57.7	55.6	54.3	53.5	65.6	78.8	91.9
163	49.2	58.5	56.3	55.0	54.2	66.4	79.7	93.0
164	49.8	59.2	57.0	55.7	54.9	67.2	80.7	94.1
165	50.4	59.9	57.7	56.4	55.5	68.1	81.7	95.3
166	51.0	60.6	58.4	57.0	56.2	68.9	82.7	96.5
167	51.6	61.4	59.1	57.7	56.9	69.7	83.7	97.6
168	52.2	62.1	59.8	58.4	57.6	70.6	84.7	98.8
169	52.8	62.8	60.5	59.1	58.3	71.4	85.7	100.0
170	53.5	63.6	61.3	59.8	59.0	72.3	86.7	101.2
171	54.1	64.3	62.0	60.5	59.7	73.1	87.7	102.3
172	54.7	65.1	62.7	61.2	60.4	74.0	88.8	103.5
173	55.4	65.8	63.4	62.0	61.1	74.8	89.8	104.8
174	56.0	66.6	64.2	62.7	61.8	75.7	90.8	106.0
175	56.7	67.4	64.9	63.4	62.5	76.6	91.9	107.2
176	57.3	68.1	65.7	64.1	63.2	77.4	92.9	108.4
177	58.0	68.9	66.4	64.9	63.4	78.3	94.0	109.7
178	58.7	69.7	67.2	65.6	64.6	79.2	95.1	110.9
179	59.3	70.5	67.9	66.3	65.4	80.1	96.1	112.1
180	59.9	71.3	68.7	67.1	66.1	81.0	97.2	113.4

