

體重指標表

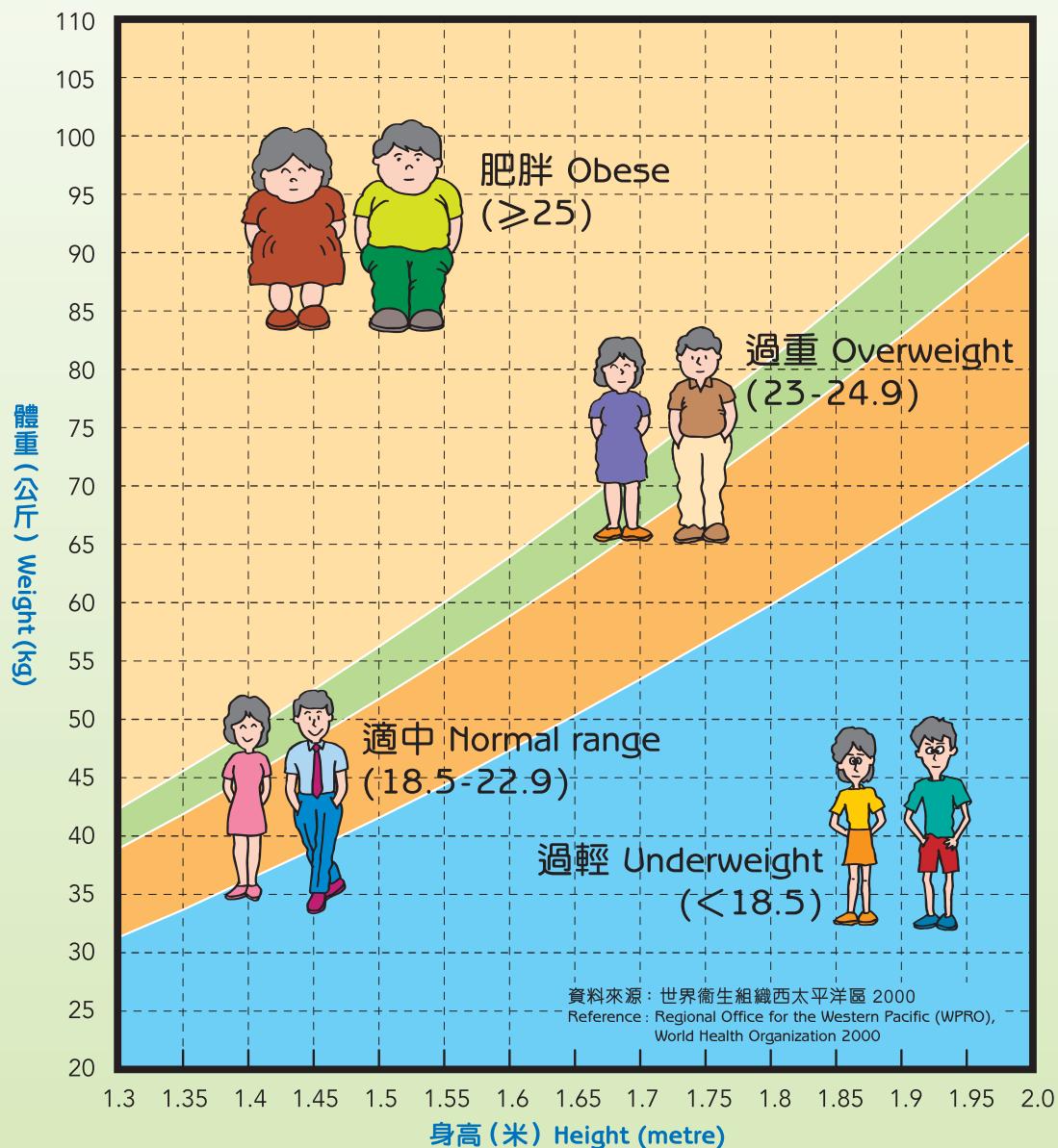
Body Mass Index Chart

體重指標是用來分析體重是否適中的最常用方法，計算方法是：

Body Mass Index (BMI) is the most common method used to assess whether your weight is normal. It is calculated as :

$$\text{體重指標} = \frac{\text{體重 (公斤)}}{\text{身高 (米)} \times \text{身高 (米)}}$$

$$\text{BMI} = \frac{\text{Weight (kilograms)}}{\text{Height (metre)} \times \text{Height (metre)}}$$



註: 以上指標為世界衛生組織西太平洋區頒佈給亞洲成年人的參考，不適用於18歲以下的兒童或懷孕期的婦女。
Remarks: The above reference has been recommended by the WHO Western Pacific Region for Asian adults and is not applicable to children under age 18 or women who are pregnant.

有關更多健康資訊，可致電衛生署24小時健康教育熱線

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