

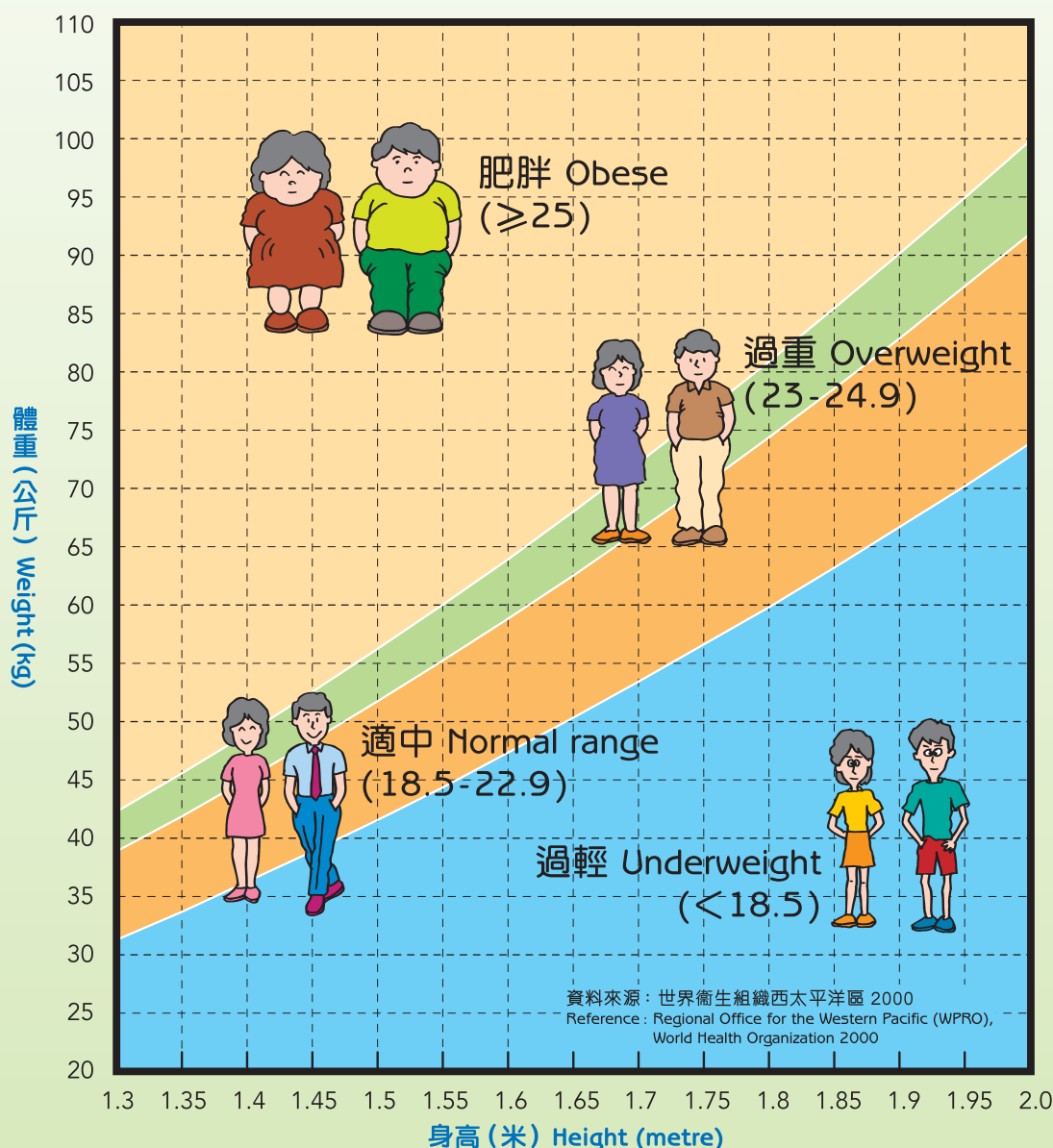
體重指標表

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
 For more health information, please call the 24-hour health education hotline of the Department of Health

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