Classification of Overweight and Obesity by BMI, Waist Circumference, and Associated Disease Risks

| Diagnosis | BMI (kg/m²) | | Comorbidity Risk | Risk of T2D, HTN, CVD | |
	Non-Asian	Asian		WC <102 cm (men), <88 cm (women)*	WC ≥102 cm (men), ≥88 cm (women)*
Underweight	<18.5	<17.5	Low but other problems		
Normal weight	18.5–24.9	15.5–22.9	Average		
Overweight	25–29.9	23.0–27.9	Increased	Increased	High
Obese class I	30–34.9	>28	Moderate	High	Very high
Obese class II	35–39.9		Severe	Very high	Very high
Obese class III	≥40		Very severe	Extremely high	Extremely high

Abbreviations: BMI = body mass index; CVD = cardiovascular disease; HTN = hypertension; T2D = type 2 diabetes; WC = waist circumference.

*88 cm = 35 in; 102 cm = 40 in.

References

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