

Body Composition

Body Mass Index (BMI) Norms for Females

Healthy People 2010 objective is that 60% of population be 19 to no more than 25.

		Age					
		15 - 19	20 - 29	30 - 39	40 - 49	50 - -59	60+
Percentile Rank	95	17	18	19	19	20	20
	90	18	18	19	20	21	20
	85	19	19	20	20	22	22
	80	19	19	20	21	22	23
	75	19	20	21	21	23	23
	70	20	20	21	21	23	23
	65	20	20	22	22	23	24
	60	20	21	22	23	24	24
	55	21	21	23	23	24	25
	50	21	21	23	24	25	25
	45	22	22	23	24	25	26
	40	22	22	23	25	26	27
	35	22	22	24	25	26	27
	30	23	23	24	26	27	28
	25	23	23	25	27	28	28
	20	24	24	26	28	29	29
	15	25	25	27	29	30	30
	10	26	26	29	30	31	32
	5	28	28	31	34	34	34