### Weight (kilograms) vs. Height (metres)

#### Using this Body Mass Index (BMI) Chart for people aged 65+

- **Healthy weight**
- **Underweight**
- **Overweight**
- **Obese**

#### Weight (stones and pounds)

#### Height (feet and inches)

- **Very underweight**
- **Underweight**

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6  Helping you stay well  

Achieving Healthy Weight Loss  7