

Disease Risk* Relative to Normal Weight and Waist Circumference

	BMI	Men 40-inches (102 cm) or less Women 35-inches (88 cm) or less	Men > 40-inches (102 cm) Women >35-inches (88 cm)
Normal Weight	18.5 -24.9	+	+
Overweight	25.0 - 29.9	Increased	High
Class I Obesity	30.0 - 34.9	High	Very High
Class II Obesity	35.0 - 39.9	Very High	Very High

*Disease risk for type 2 diabetes, hypertension and cardiovascular disease

+ increased waist circumference can also be a marker for increased risk even in persons of normal weight