

Commissioned Corps of the U.S. Public Health Service Weight Standards (July 2017)

Minimum and Maximum Allowable Weights (in pounds) (Regardless of age or gender)

Height (inches)	Minimum (BMI 19.0)	Maximum (BMI 27.5)
58	91	131
59	94	136
60	97	141
61	100	145
62	104	150
63	107	155
64	110	160
65	114	165
66	117	170
67	121	175
68	125	180
69	128	186
70	132	191
71	136	197
72	140	202
73	144	208
74	148	214
75	152	220
76	156	225
77	160	231
78	164	237
79	168	244
80	173	250

Classification of Underweight, Overweight and Obesity by BMI

	BMI (kg/m ²)
Underweight	≤ 18.5
Normal weight	18.5-24.9
Overweight	25.0-29.9
Obesity	30.0-39.9
Extreme Obesity	≥ 40

Threshold Percent Body Fat for Officers Exceeding Maximum BMI

Age	Male	Female
< 28 y.o.	≤ 24%	≤ 32%
28-39 y.o.	≤ 26%	≤ 35%
> 40 y.o.	≤ 28%	≤ 38%