

HOW IS BMI CALCULATED?

BMI (Body Mass Index) is a person's weight in pounds divided by the square of height in inches. A high BMI (obese) is considered 30 and above and would make a participant ineligible to compete during Special Olympics Pennsylvania's **Return to Activities** phase.

To calculate your BMI, see below:

Formula: $\text{weight (lb)} / [\text{height (in)}^2 \times 703$

Calculate BMI by dividing weight in pounds (lbs) by height in inches (in) squared and multiplying by a conversion factor of 703.

Example:

Weight (lb) = 150 lbs

Height (in) = 65 (5'5")

$$[150 / (65)^2] \times 703 = 24.96$$



[CLICK HERE](#) to calculate your BMI for adults

[CLICK HERE](#) to calculate your BMI for children & teens



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