**Weight in kilograms / Height in meters 2 = BMI**

|  |  |
| --- | --- |
| **Weight Status** | **BMI** |
| Underweight | Below 18.5 |
| Normal or Healthy Weight | 18.5 – 24.9 |
| Overweight | 25.0 – 29.9 |
| Obese | 30.0 and Above |

**Mid upper arm circumference (MUAC)**

|  |  |
| --- | --- |
| Male | 26–29 cm |
| Female | 26–28.5 cm  **Triceps skinfold (TSF)** |

|  |  |
| --- | --- |
| Male | 12–13.5 mm |
| Female | 15–16.5 mm |