



Charlie Crist
Governor

Ana M. Viamonte Ros, M.D., M.P.H.
State Surgeon General

MEMORANDUM

DATE: JANUARY 9, 2008

TO: Participants of "Lunch & Learn" Nutrition Class

FROM: R. Jason Newsom, MD, MPH; Director, Bay County Health Dept

SUBJECT: Estimated Ideal Body Weight Tables

Women

| Height | eIBW | -10% | +10% | obese +20% |
|--------|------|------|------|---------------|
| 60 | 100 | 90 | 110 | 120 |
| 61 | 103 | 93 | 113 | 124 |
| 62 | 106 | 95 | 117 | 127 |
| 63 | 109 | 98 | 120 | 131 |
| 64 | 112 | 101 | 123 | 134 |
| 65 | 115 | 104 | 127 | 138 |
| 66 | 118 | 106 | 130 | 142 |
| 67 | 121 | 109 | 133 | 145 |
| 68 | 124 | 112 | 136 | 149 |
| 69 | 127 | 114 | 140 | 152 |
| 70 | 130 | 117 | 143 | 156 |
| 71 | 133 | 120 | 146 | 160 |
| 72 | 136 | 122 | 150 | 163 |

Men

| Height | eIBW | -10% | +10% | obese +20% |
|--------|------|------|------|---------------|
| 60 | 100 | 90 | 110 | 120 |
| 61 | 106 | 95 | 117 | 127 |
| 62 | 112 | 101 | 123 | 134 |
| 63 | 118 | 106 | 130 | 142 |
| 64 | 124 | 112 | 136 | 149 |
| 65 | 130 | 117 | 143 | 156 |
| 66 | 136 | 122 | 150 | 163 |
| 67 | 142 | 128 | 156 | 170 |
| 68 | 148 | 133 | 163 | 178 |
| 69 | 154 | 139 | 169 | 185 |
| 70 | 160 | 144 | 176 | 192 |
| 71 | 166 | 149 | 183 | 199 |
| 72 | 172 | 155 | 189 | 206 |
| 73 | 178 | 160 | 196 | 214 |
| 74 | 184 | 166 | 202 | 221 |
| 75 | 190 | 171 | 209 | 228 |
| 76 | 196 | 176 | 216 | 235 |