

EXHIBIT “1”

Adult BMI Calculator

 **COVID-19: Obesity and Excess Weight Increase Severe Illness Risk; Racial and Ethnic Disparities Persist**

Adult BMI Calculator – Results

[Recalculate BMI](#)

For the information you entered:

Height: 5 feet, 5 inches

Weight: 210 pounds

Your BMI is **34.9**, indicating your weight is in the **Obese** category for adults of your height.

For your height, a healthy weight range would be from **111** to **150** pounds.

People who are overweight or obese are at higher risk for chronic conditions such as high blood pressure, diabetes, and high cholesterol.

Anyone who is overweight should try to avoid gaining additional weight. Additionally, if you are overweight with other risk factors (such as high LDL cholesterol, low HDL cholesterol, or high blood pressure), you should try to lose weight. Even modest weight loss may help lower the risk of disease. Talk with your healthcare provider to determine appropriate ways to lose weight.

For information about the importance of a healthy diet and physical activity in reaching a healthy weight, visit [Healthy Weight](#).

BMI Healthy Weight

BMI	Weight Status
Below 18.5	Underweight
18.5—24.9	Healthy
25.0—29.9	Overweight
30.0 and Above	Obese

Related Resources

- [What is BMI?](#)
- [How is BMI used?](#)
- [What are the BMI trends for adults in the United States?](#)
- [Why is BMI used to measure overweight and obesity?](#)
- [What are other ways to assess excess body fatness?](#)
- [How is BMI calculated?](#)
- [How is BMI interpreted for adults?](#)
- [Is BMI interpreted the same way for children and teens as it is for adults?](#)
- [How good is BMI as an indicator of body fatness?](#)
- [If an athlete or other person with a lot of muscle has a BMI over 25, is that person still considered to be overweight?](#)
- [What are the health consequences of obesity for adults?](#)

Share the Adult BMI Calculator Widget

A widget is an application that can be used by partners to display featured content directly on their desktops, websites, or social media. Widgets can also be shared with friends.

BMI is a reliable indicator of body fatness for most people. It is used to screen for weight categories that may lead to health problems. Including this widget on your application will allow people to calculate their BMI and see the corresponding weight category. It also provides information on what BMI is.

Adding the code below to your web site will generate the widget.

BMI For Adults Widget

Body Mass Index (BMI)

Calculator for Adults

Calculator

What is BMI?

Calculate Your BMI

English | Metric

Height:

0

feet

0

inch(es)

Weight:

0

pounds

(8 ounces = .5 pounds)

Calculate

Info

Grab This Widget

Copy the code below for this widget

```
<h3>BMI For Adults Widget</h3>
<br /><br /><br /><br /><p>
<iframe
src='https://www.cdc.gov/healthyw
eight/assessing/adult-
widget/iframe.html'
frameborder='0' style='border:
none;' width='170'
```

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