

TABLE 1. Body weight categories based on BMI.

Individual classification	BMI (kg/m²)
Underweight	< 18.5
Normal-weight	18.5 - 24.9
Overweight	25 - 29.9
Obese	≥ 30
Stage I obesity (Mild obesity)	30 - 34.9
Stage II obesity (Moderate obesity)	35 - 39.9
Stage III obesity (Severe obesity)	≥ 40