

# Table d'indice de masse corporelle

## Table d'indice de masse corporelle (IMC)

L'indice de masse corporelle (IMC) permet d'estimer l'excès de masse grasse dans le corps et de définir la corpulence. Plus l'IMC augmente et plus les risques liés à l'obésité sont importants. Pour le calculer, il suffit de diviser le poids (en kg) par la taille (en mètres) au carré.  $IMC (kg/m^2) = \text{poids (kg)} / \text{taille (m)} \times \text{taille (m)}$

| Taille (en mètres) | 60 | 62 | 64 | 66 | 68 | 70 | 72 | 74 | 76 | 78 | 80 | 82 | 84 | 86 | 88 | 90 | 92 | 94 | 96 | 98 | 100 | 102 | 104 | 106 | 108 | 110 | 112 | 114 | 116 | 118 | 120 | 122 | 124 | 126 | 128 | 130 | 132 | 134 | 136 | 138 | 140 | 142 | 144 | 146 | 148 | 150 | 152 | 154 | 156 | 158 | 160 | 162 |    |    |    |    |    |    |
|--------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|----|----|----|----|----|----|
| 2,10               | 14 | 14 | 14 | 15 | 15 | 15 | 16 | 16 | 17 | 17 | 18 | 18 | 18 | 19 | 19 | 20 | 20 | 20 | 21 | 21 | 22  | 22  | 23  | 23  | 24  | 24  | 24  | 25  | 25  | 26  | 26  | 27  | 27  | 28  | 28  | 29  | 29  | 29  | 30  | 30  | 31  | 31  | 31  | 32  | 32  | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36 | 37 |    |    |    |    |
| 2,08               | 14 | 14 | 15 | 15 | 16 | 16 | 17 | 17 | 18 | 18 | 18 | 19 | 19 | 20 | 20 | 21 | 21 | 22 | 22 | 23 | 23  | 24  | 24  | 24  | 25  | 25  | 26  | 26  | 27  | 27  | 28  | 28  | 29  | 29  | 30  | 30  | 31  | 31  | 31  | 32  | 32  | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38 |    |    |    |    |    |
| 2,06               | 14 | 15 | 15 | 16 | 16 | 17 | 17 | 18 | 18 | 19 | 19 | 20 | 20 | 21 | 21 | 22 | 22 | 23 | 23 | 24 | 24  | 24  | 25  | 25  | 26  | 26  | 27  | 27  | 28  | 28  | 29  | 29  | 30  | 30  | 31  | 31  | 31  | 32  | 32  | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  |     |    |    |    |    |    |    |
| 2,04               | 14 | 15 | 15 | 16 | 16 | 17 | 17 | 18 | 18 | 19 | 19 | 20 | 20 | 21 | 21 | 22 | 22 | 23 | 23 | 24 | 24  | 24  | 25  | 25  | 26  | 26  | 27  | 27  | 28  | 28  | 29  | 29  | 30  | 30  | 31  | 31  | 31  | 32  | 32  | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  | 39  |    |    |    |    |    |    |
| 2,02               | 15 | 15 | 16 | 16 | 17 | 17 | 18 | 18 | 19 | 19 | 20 | 20 | 21 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 24  | 25  | 25  | 26  | 26  | 27  | 27  | 28  | 28  | 29  | 29  | 30  | 30  | 31  | 31  | 31  | 32  | 32  | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  | 39  | 40  |    |    |    |    |    |    |
| 2,00               | 15 | 16 | 16 | 17 | 17 | 18 | 18 | 19 | 19 | 20 | 20 | 21 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 24 | 25  | 25  | 26  | 26  | 27  | 27  | 28  | 28  | 29  | 29  | 30  | 30  | 31  | 31  | 31  | 32  | 32  | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  | 39  | 39  | 40  | 41 |    |    |    |    |    |
| 1,98               | 15 | 16 | 16 | 17 | 17 | 18 | 18 | 19 | 19 | 20 | 20 | 21 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 25  | 26  | 26  | 27  | 27  | 28  | 28  | 29  | 29  | 30  | 30  | 31  | 31  | 31  | 32  | 32  | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  | 39  | 39  | 40  | 41  |    |    |    |    |    |    |
| 1,96               | 16 | 16 | 17 | 17 | 18 | 18 | 19 | 19 | 20 | 20 | 21 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26  | 26  | 27  | 27  | 28  | 28  | 29  | 29  | 30  | 30  | 31  | 31  | 31  | 32  | 32  | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  | 39  | 39  | 40  | 41  | 41  | 42 |    |    |    |    |    |
| 1,94               | 16 | 16 | 17 | 17 | 18 | 18 | 19 | 19 | 20 | 20 | 21 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26  | 26  | 27  | 27  | 28  | 28  | 29  | 29  | 30  | 30  | 31  | 31  | 31  | 32  | 32  | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  | 39  | 39  | 40  | 41  | 41  | 42 |    |    |    |    |    |
| 1,92               | 16 | 17 | 17 | 18 | 18 | 19 | 19 | 20 | 20 | 21 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26 | 26  | 27  | 27  | 28  | 28  | 29  | 29  | 30  | 30  | 31  | 31  | 31  | 32  | 32  | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  | 39  | 39  | 40  | 41  | 41  | 42  | 43 |    |    |    |    |    |
| 1,90               | 17 | 17 | 18 | 18 | 19 | 19 | 20 | 20 | 21 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26 | 26 | 27  | 27  | 28  | 28  | 29  | 29  | 30  | 30  | 31  | 31  | 31  | 32  | 32  | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  | 39  | 39  | 40  | 41  | 41  | 42  | 43  | 44 |    |    |    |    |    |
| 1,88               | 17 | 18 | 18 | 19 | 19 | 20 | 20 | 21 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26 | 26 | 27 | 27  | 28  | 28  | 29  | 29  | 30  | 30  | 31  | 31  | 31  | 32  | 32  | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  | 39  | 39  | 40  | 41  | 41  | 42  | 43  | 44  | 45 |    |    |    |    |    |
| 1,86               | 17 | 18 | 18 | 19 | 19 | 20 | 20 | 21 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26 | 26 | 27 | 27  | 28  | 28  | 29  | 29  | 30  | 30  | 31  | 31  | 31  | 32  | 32  | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  | 39  | 39  | 40  | 41  | 41  | 42  | 43  | 44  | 45 |    |    |    |    |    |
| 1,84               | 18 | 18 | 19 | 19 | 20 | 20 | 21 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26 | 26 | 27 | 27 | 28  | 28  | 29  | 29  | 30  | 30  | 31  | 31  | 31  | 32  | 32  | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  | 39  | 39  | 40  | 41  | 41  | 42  | 43  | 44  | 45  | 46 | 47 |    |    |    |    |
| 1,82               | 18 | 19 | 19 | 20 | 20 | 21 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26 | 26 | 27 | 27 | 28 | 28  | 29  | 29  | 30  | 30  | 31  | 31  | 31  | 32  | 32  | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  | 39  | 39  | 40  | 41  | 41  | 42  | 43  | 44  | 45  | 46  | 47 | 48 |    |    |    |    |
| 1,80               | 19 | 19 | 20 | 20 | 21 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26 | 26 | 27 | 27 | 28 | 28 | 29  | 29  | 30  | 30  | 31  | 31  | 31  | 32  | 32  | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  | 39  | 39  | 40  | 41  | 41  | 42  | 43  | 44  | 45  | 46  | 47  | 48 | 49 | 50 |    |    |    |
| 1,78               | 19 | 20 | 20 | 21 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26 | 26 | 27 | 27 | 28 | 28 | 29 | 29  | 30  | 30  | 31  | 31  | 31  | 32  | 32  | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  | 39  | 39  | 40  | 41  | 41  | 42  | 43  | 44  | 45  | 46  | 47  | 48  | 49 | 50 | 51 |    |    |    |
| 1,76               | 19 | 20 | 21 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26 | 26 | 27 | 27 | 28 | 28 | 29 | 29 | 30  | 30  | 31  | 31  | 31  | 32  | 32  | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  | 39  | 39  | 40  | 41  | 41  | 42  | 43  | 44  | 45  | 46  | 47  | 48  | 49  | 50 | 51 |    |    |    |    |
| 1,74               | 20 | 20 | 21 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26 | 26 | 27 | 27 | 28 | 28 | 29 | 29 | 30  | 30  | 31  | 31  | 31  | 32  | 32  | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  | 39  | 39  | 40  | 41  | 41  | 42  | 43  | 44  | 45  | 46  | 47  | 48  | 49  | 50 | 51 |    |    |    |    |
| 1,72               | 20 | 21 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26 | 26 | 27 | 27 | 28 | 28 | 29 | 29 | 30 | 30  | 31  | 31  | 31  | 32  | 32  | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  | 39  | 39  | 40  | 41  | 41  | 42  | 43  | 44  | 45  | 46  | 47  | 48  | 49  | 50  | 51 | 52 |    |    |    |    |
| 1,70               | 21 | 21 | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26 | 26 | 27 | 27 | 28 | 28 | 29 | 29 | 30 | 30 | 31  | 31  | 31  | 32  | 32  | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  | 39  | 39  | 40  | 41  | 41  | 42  | 43  | 44  | 45  | 46  | 47  | 48  | 49  | 50  | 51  | 52 | 53 | 54 | 55 |    |    |
| 1,68               | 21 | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26 | 26 | 27 | 27 | 28 | 28 | 29 | 29 | 30 | 30 | 31 | 31 | 31  | 32  | 32  | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  | 39  | 39  | 40  | 41  | 41  | 42  | 43  | 44  | 45  | 46  | 47  | 48  | 49  | 50  | 51  | 52  | 53  | 54 | 55 | 56 | 57 |    |    |
| 1,66               | 22 | 22 | 23 | 23 | 24 | 24 | 25 | 25 | 26 | 26 | 27 | 27 | 28 | 28 | 29 | 29 | 30 | 30 | 31 | 31 | 31  | 32  | 32  | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  | 39  | 39  | 40  | 41  | 41  | 42  | 43  | 44  | 45  | 46  | 47  | 48  | 49  | 50  | 51  | 52  | 53  | 54 | 55 | 56 | 57 | 58 |    |
| 1,64               | 22 | 23 | 24 | 24 | 25 | 25 | 26 | 26 | 27 | 27 | 28 | 28 | 29 | 29 | 30 | 30 | 31 | 31 | 31 | 32 | 32  | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  | 39  | 39  | 40  | 41  | 41  | 42  | 43  | 44  | 45  | 46  | 47  | 48  | 49  | 50  | 51  | 52  | 53  | 54  | 55  | 56 | 57 | 58 | 59 | 60 |    |
| 1,62               | 23 | 23 | 24 | 24 | 25 | 25 | 26 | 26 | 27 | 27 | 28 | 28 | 29 | 29 | 30 | 30 | 31 | 31 | 31 | 32 | 32  | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  | 39  | 39  | 40  | 41  | 41  | 42  | 43  | 44  | 45  | 46  | 47  | 48  | 49  | 50  | 51  | 52  | 53  | 54  | 55  | 56 | 57 | 58 | 59 | 60 |    |
| 1,60               | 23 | 24 | 24 | 25 | 25 | 26 | 26 | 27 | 27 | 28 | 28 | 29 | 29 | 30 | 30 | 31 | 31 | 31 | 32 | 32 | 33  | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  | 39  | 39  | 40  | 41  | 41  | 42  | 43  | 44  | 45  | 46  | 47  | 48  | 49  | 50  | 51  | 52  | 53  | 54  | 55  | 56  | 57 | 58 | 59 | 60 |    |    |
| 1,58               | 24 | 24 | 25 | 25 | 26 | 26 | 27 | 27 | 28 | 28 | 29 | 29 | 30 | 30 | 31 | 31 | 31 | 32 | 32 | 33 | 33  | 34  | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  | 39  | 39  | 40  | 41  | 41  | 42  | 43  | 44  | 45  | 46  | 47  | 48  | 49  | 50  | 51  | 52  | 53  | 54  | 55  | 56  | 57  | 58 | 59 | 60 | 61 |    |    |
| 1,56               | 25 | 25 | 26 | 26 | 27 | 27 | 28 | 28 | 29 | 29 | 30 | 30 | 31 | 31 | 31 | 32 | 32 | 33 | 33 | 34 | 34  | 35  | 35  | 36  | 36  | 37  | 37  | 38  | 38  | 39  | 39  | 40  | 41  | 41  | 42  | 43  | 44  | 45  | 46  | 47  | 48  | 49  | 50  | 51  | 52  | 53  | 54  | 55  | 56  | 57  | 58  | 59  | 60 | 61 | 62 |    |    |    |
| 1,54               | 25 | 26 | 27 | 27 | 28 | 28 | 29 | 29 | 30 | 30 | 31 | 31 | 32 | 32 | 33 | 33 | 34 | 34 | 35 | 35 | 36  | 36  | 37  | 37  | 38  | 38  | 39  | 39  | 40  | 40  | 41  | 41  | 42  | 43  | 44  | 45  | 46  | 47  | 48  | 49  | 50  | 51  | 52  | 53  | 54  | 55  | 56  | 57  | 58  | 59  | 60  | 61  | 62 | 63 | 64 | 65 | 66 | 67 |
| 1,52               | 26 | 27 | 28 | 28 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |    |    |    |    |    |    |