<table>
<thead>
<tr>
<th>Condition</th>
<th>BMI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>&lt;18.5 kg/m²</td>
</tr>
<tr>
<td>Normal or acceptable weight</td>
<td>18.5-24.9 kg/m²</td>
</tr>
<tr>
<td>Overweight</td>
<td>25-29.9 kg/m²</td>
</tr>
<tr>
<td>Obese</td>
<td>≥30 kg/m²</td>
</tr>
<tr>
<td>Grade 1</td>
<td>30-34.9 kg/m²</td>
</tr>
<tr>
<td>Grade 2</td>
<td>35.0-39.9 kg/m²</td>
</tr>
<tr>
<td>Grade 3</td>
<td>≥40 kg/m² (severe, extreme or morbid obesity)</td>
</tr>
<tr>
<td>Grade 4</td>
<td>≥50 kg/m²</td>
</tr>
<tr>
<td>Grade 5</td>
<td>≥60 kg/m²</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Abdominal obesity in Caucasians</th>
<th>Waist girth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>≥94 cm</td>
</tr>
<tr>
<td>Women</td>
<td>≥80 cm</td>
</tr>
</tbody>
</table>