



FREE RESOURCE

Singapore Health Numbers Cheat Sheet 2026

The Asian-adjusted BMI ranges and the health markers worth tracking.

FORMAT PDF · A4 · printable cheat sheet

COVERS BMI ranges and health screening

PAIRS WITH BMI and health calculators

SOURCE HPB / HealthHub / MOH

Singapore uses tighter, Asian-adjusted health thresholds than the global ones. This one-pager covers the BMI ranges, the markers worth tracking, and the screening you may be entitled to.

The Singapore numbers worth knowing

Singapore uses Asian-adjusted health thresholds — the cut-offs are tighter than the global ones, because Asian populations face weight-related health risks at a lower BMI. Know your numbers, then act on them.

BMI — the Asian-adjusted ranges

BMI = weight (kg) ÷ height (m) ÷ height (m).

BMI (kg/m ²)	Category	Health risk
Below 18.5	Underweight	Possible nutritional risk
18.5 – 22.9	Healthy weight	Low risk
23.0 – 27.4	Overweight	Moderate risk
27.5 and above	Obese	High risk

A BMI of 23.0 and above raises the risk of type 2 diabetes and heart disease;

27.5 and above is the high-risk threshold. BMI is a screening tool only — it does not measure body fat directly, and it does not apply to children, pregnant women, or very muscular people. Read it alongside your waist measurement.

Other markers to track

Blood pressure — high blood pressure often has no symptoms; know your reading.

Blood glucose — screening detects diabetes and pre-diabetes early.

Blood cholesterol — LDL ("bad") cholesterol is the one to watch.

Waist circumference — a simple at-home measure of abdominal fat.

Target ranges vary with age and medical history — confirm yours on HealthHub or with your doctor.

Screening and MediSave

Screen for Life — the national subsidised screening programme for

eligible Singapore Citizens and PRs covers chronic-disease and selected cancer screening.

MediSave can be used for approved screenings, vaccinations and chronic-disease management under the Chronic Disease Management Programme.

Check your current Screen for Life eligibility and subsidised cost, and the current MediSave use limits, on HealthHub and the CPF site — these are reviewed regularly.

How to use this cheat sheet

Work out your BMI with the ranges above, note your latest blood pressure, glucose and cholesterol readings, and book any screening you are due. Run the numbers with the health calculators at smartcalculator.sg/health.

Sources & disclaimer

All figures in this resource were verified in May 2026 against the official Singapore government source named on the cover. Rates, thresholds and policy figures are revised regularly — often each year — so always confirm the current figure and your own eligibility with the relevant agency before acting.

This guide is for general education and reference only. It is not professional, medical, legal or financial advice and does not account for your personal circumstances.

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