

It is important to be able to convert a patient's weight from stones to pounds, and from pounds to kilos (and back again) because some patients will only know their weight in one form of the units, and you might need it in a different unit.

Note: In this factsheet we refer to the 'weight' of a patient. If we were being more technical, we are actually measuring the patient's mass, not their weight, however it is far more common to say 'weight' when we mean 'body mass', so that is why we refer to it as weight in this factsheet.

Units table

Unit	Symbol
Stones	st
Pounds	lbs
Kilos	kg

Conversion table

1 stone = 14 lbs	Weight in lbs = weight in stone x 14 Weight in stone = $\frac{\text{weight in lbs}}{14}$
1 lb = 0.454 kg	Weight in kg = weight in lbs x 0.454 Weight in lbs = $\frac{\text{weight in kg}}{0.454}$

In the UK, a patient will often know their weight in stones and pounds, and so would say their weight as something like '15st8'. This means they weigh 15 stones, plus 8 pounds. In order to convert this into pounds, we take the number of stones and multiply it by 14, and then we add the number of pounds leftover. So 15st8 is equal to $(15 \times 14) + 8 \text{ lbs} = 210\text{lbs}$.

Converting from kg to stones and pounds has a few more steps:

1. Convert from kg to lbs (using the formula above).
2. Calculate $\frac{\text{Weight in lbs}}{14} = \text{weight in stones}$.
3. Disregard anything after the decimal point. For example, if the weight in stones is 19.54st, write this as 19st. This value is the number of stones.
4. Calculate: $\text{Weight in lbs} - (\text{number of stones} \times 14) = \text{number of remaining pounds}$.
5. Write the weight in stones and pounds as:
'number of stones' st 'number of remaining pounds'.

Example

Convert 98kg into stones and pounds.

1. $\text{Weight in lbs} = \frac{\text{weight in kg}}{0.454} = \frac{98 \text{ kg}}{0.454} = 215.86\text{lbs}$.
2. $\text{Weight in stones} = \frac{\text{weight in lbs}}{14} = \frac{215.86 \text{ lbs}}{14} = 15.419\text{st}$.
3. Number of stones = 15st.
4. Number of remaining pounds = $\text{Weight in lbs} - (\text{number of stones} \times 14) = 215.86 - (15 \times 14) = 215.86 - 210 = 5.86\text{lbs}$.
5. Therefore, 98kg in stones and pounds is 15st5.86, or 15st6 to the nearest pound.

Support: Study Development offers workshops, short courses, 1 to 1 and small group tutorials.

- Join a tutorial or workshop on the [Study Development tutorial and workshop webpage](#) or search 'YSJ study development tutorials.'
- Access our Study Success resources on the [Study Success webpage](#) or search 'YSJ study success.'