

Table 6: Appropriate Weight Loss Rates for Children by Age and BMI Percentile to Achieve Deflection in BMI Percentile

Age (years)	BMI >95 th - 99 th Percentile	BMI >99 th Percentile*
2-5	<ul style="list-style-type: none"> •Maintenance of weight •OR Weight loss not greater than 1 lb/month 	<ul style="list-style-type: none"> •Gradual weight loss, not greater than 1 lb/month
6-11	<ul style="list-style-type: none"> •Maintenance of weight •OR Weight loss not greater than 1 lb/month 	<ul style="list-style-type: none"> •Weight loss, not greater than 2 lb/week
12-18	<ul style="list-style-type: none"> •Weight loss, not greater than 2 lb/week 	<ul style="list-style-type: none"> •Weight loss, not greater than 2 lb/week

* 99th percentile cutoff points not established for children younger than 6 years. Per Expert Committee recommendations, cutoffs for severe degree of obesity in children aged 2 to 5 years.