

DATE: \_\_\_\_\_

BMI: \_\_\_\_\_ ( \_\_\_\_\_ %)

### What does it mean?

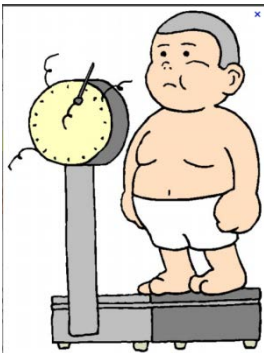
Body Mass Index (BMI) is a number calculated from your child's height and weight. BMI is a reliable measure of "fatness" that can tell physicians who is at risk for obesity related problems such as heart disease and diabetes.

### Why is it important?

FOR CHILDREN: BMI is reported as a percentile based on normal values for their age and sex and the percentile tells the physician which weight category the child is in:

| Weight Status Category | Percentile Range                                |
|------------------------|---|
| Underweight            | Less than the 5th percentile                    |
| Healthy weight         | 5th percentile to less than the 85th percentile |
| Overweight             | 85th to less than the 95th percentile           |
| Obese                  | Equal to or greater than the 95th percentile    |

The amount of body fat changes as a child grows and the amount of body fat differs between boys and girls. Gender specific BMI-for-age growth charts take into account these differences and turn the BMI number into a percentile for a child's sex and age. So two children can have the same BMI number, but one is considered healthy weight and the other obese because of differences in their age and gender.



For example, a 10 year old boy with a BMI of 21 is at 93% and is considered overweight, while a 16 year old girl with a BMI of 21 is at 55% which is a healthy weight.



### How it's calculated:

$$\text{BMI} = \frac{\text{weight (lb)}}{\text{Height (in)}^2} \times 703$$

Divide the weight in pounds by height in inches, and then divide that number by the height in inches again. Multiply the result by 703 to get the BMI.

Calculate your own BMI at <http://www.cdc.gov/healthyweight/assessing/bmi/>