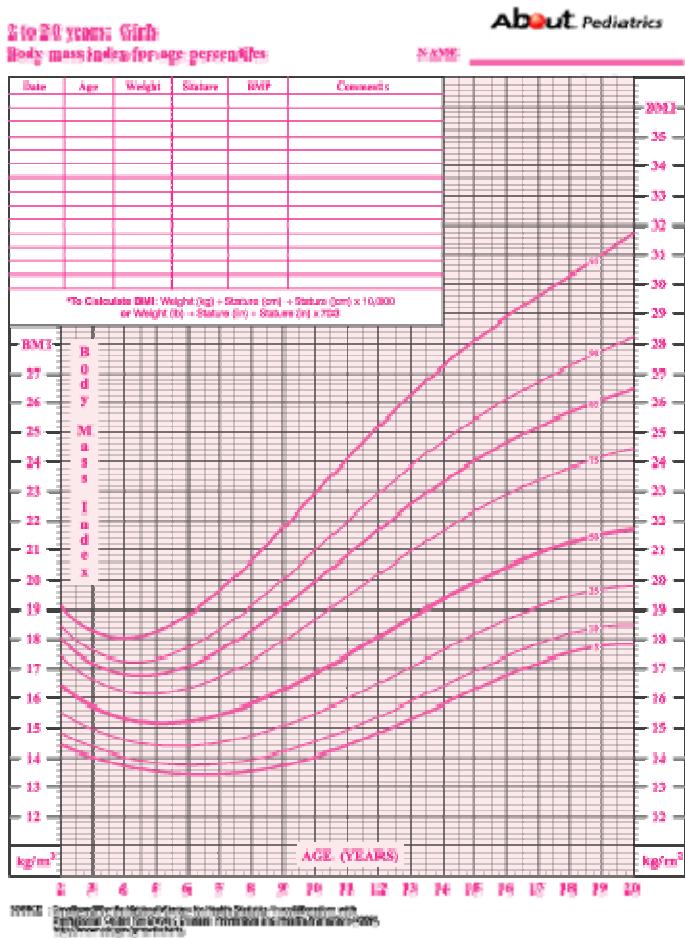


BMI Tables for Children and Adolescents

(source: www.keepkidshealthy.com)



Here are BMI tables for girls and boys ages 2-20. To calculate BMI, divide weight in pounds by height in inches squared and multiplying by 703. Or BMI = weight (lb) / [height (in)]² x 703. Once you've found the child or adolescent's BMI, look on the correct gender chart for their age and BMI. Find where those two numbers intersect, and that gives you the percentile for the student. The percentiles are interpreted as follows:

Below 5th percentile=underweight
5th-85th percentile=healthy weight
85th -94th percentile=risk of being overweight
95th percentile or above=overweight

(Source: www.cdc.gov)

