BMI—Body Mass Index

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BMI Calculator for Child and Teen: Results on a Growth Chart

Information Entered

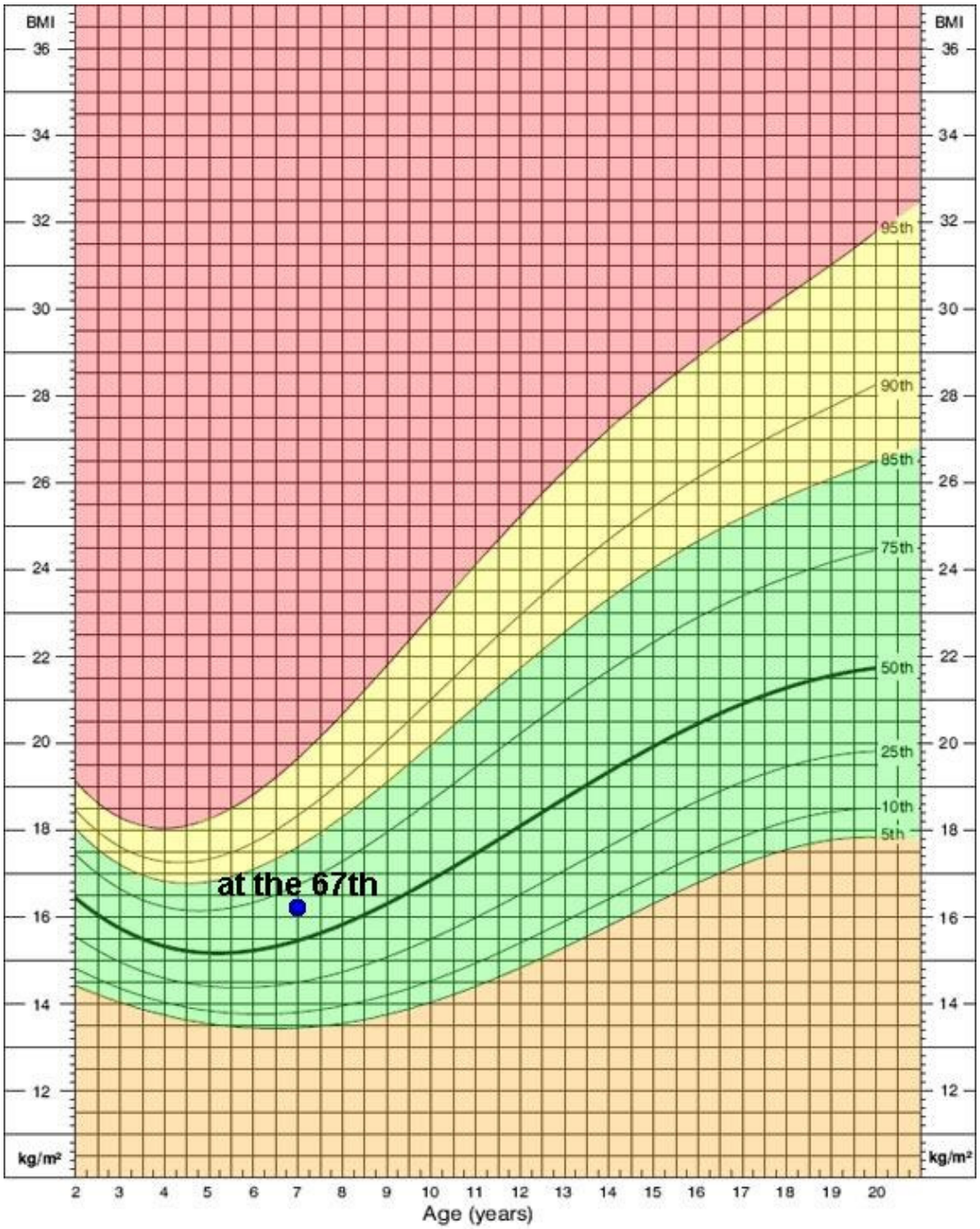
Age: 7 years 0 months
Birth Date: November 01, 2000
Date of Measurement: November 01, 2007
Sex: Girl
Height: 3 feet 11 inch(es)
Weight: 51 pounds

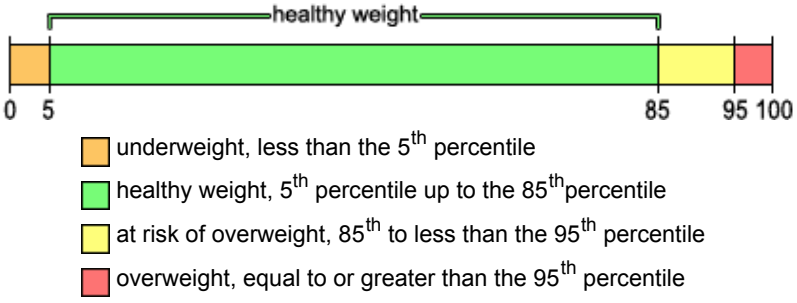
Results

Based on the height and weight entered, the BMI is 16.2, placing the BMI-for-age at the 67th percentile for girls aged 7 years 0 months. This child has a **healthy weight.**

- What does this mean?
- What should you do?
- About Growth Charts

Body mass index-for-age percentiles: Girls, 2 to 20 years





What does this mean?

BMI is calculated using your child's weight and height and is then used to find the corresponding BMI-for-age percentile for your child's age and sex.

BMI-for-age percentile shows how your child's weight compares to that of other children of the same age and sex. For example, a BMI-for-age percentile of 65% means that the child's weight is greater than that of 65% of

other children of the same age and sex.

Based on the height and weight entered, the BMI is 16.2, placing the BMI-for-age at the 67th percentile for girls aged 7 years 0 months. This child has a **healthy weight.**
Maintaining a healthy weight throughout childhood and adolescence may reduce the risk of becoming overweight or obese as an adult.

What should you do?

Regardless of the current BMI-for-age category, help your child or teen develop healthy weight habits and keep track of BMI-for-age.

Practice healthy weight habits
Encourage children and teens to practice healthy weight habits by:

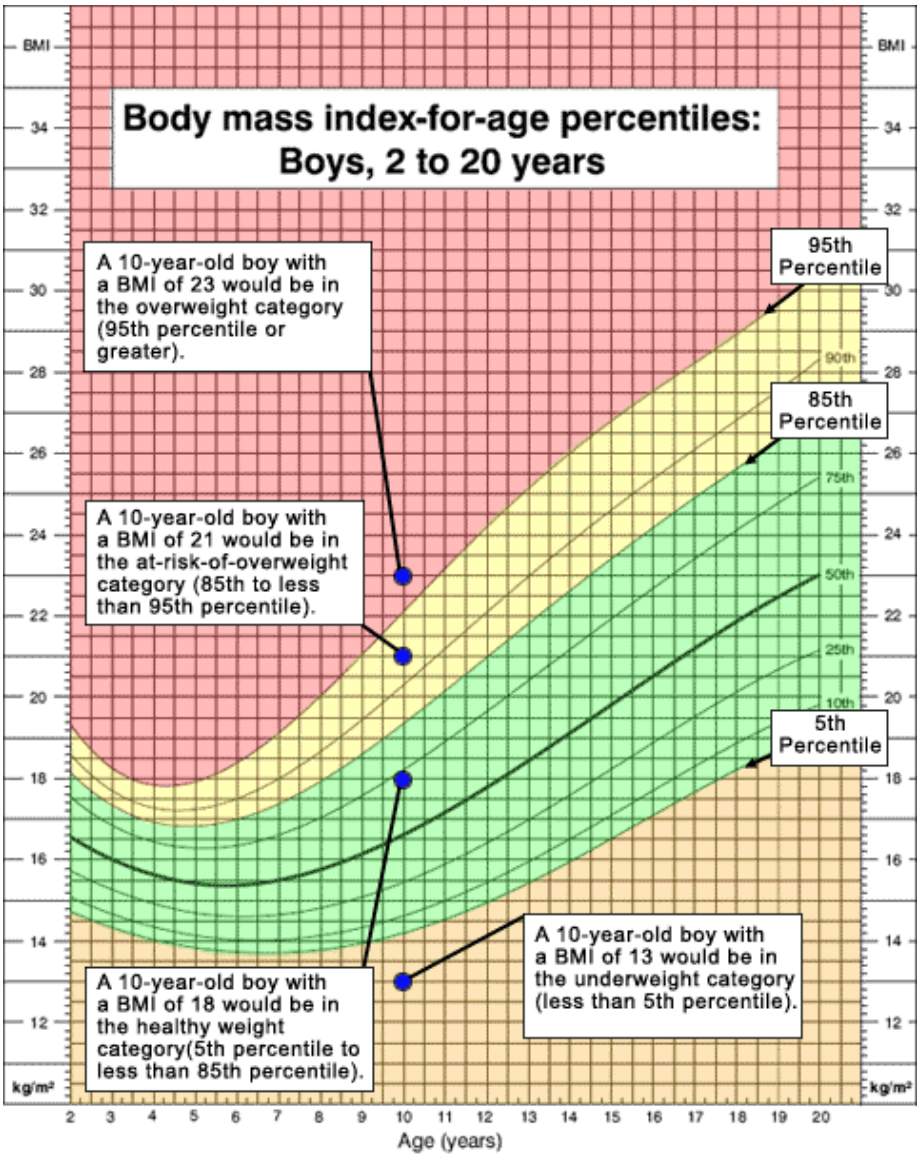
- Eating healthy foods
- Participating in physical activity on most (preferably all) days of the week
- Limiting television viewing

For more information, see
Tips to Promote Healthy Eating and Physical Activity for Children and Teens (http://www.cdc.gov/nccdphp/dnpa/obesity/childhood/tips_for_parents.htm.)

Keep track of BMI-for-age
Check BMI-for-age annually, or more often if recommended by the child's healthcare provider. Tracking growth patterns over time can help you make sure your child is achieving or maintaining a healthy weight. A single BMI-for-age calculation is not enough to evaluate long-term weight status because height and weight change with growth.

About Growth Charts

See the following example of how some sample BMI numbers would be interpreted for a 10-year-old boy.



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http://apps.nccd.cdc.gov/dnpabmi/Result.aspx?&dob=11/1/2000&dom=11/1/2007&age=84&ht=47&wt=51&gender=2&method=0&inchtext=0&wttext=0