

Body Mass Index (BMI)- for-Age Children and Youth Aged 6 to 18 Years Old

The following provides a guide to use and interpret the BMI-for-age charts

| | |
|---------------|--|
| Step 1 | Obtain and record accurate height and weight of the child. |
| Step 2 | Calculate the child's BMI using the following formula: $\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$ |
| Step 3 | Select the appropriate BMI-for-age chart based on the gender of the child. |

Boys

| Age (years) | Severely Underweight | Underweight | Acceptable Weight | Overweight | Severely Overweight |
|-------------|------------------------------|---|--|---|-------------------------------|
| | < 3 rd percentile | 3 rd - < 5 th percentiles | 5 th - < 90 th percentiles | 90 th - < 97 th percentiles | ≥ 97 th percentile |
| 6 | ≤ 12.8 | 12.9 – 13.1 | 13.2 – 18.8 | 18.9 – 21.4 | ≥ 21.5 |
| 7 | ≤ 13.0 | 13.1 – 13.3 | 13.4 – 19.8 | 19.9 – 23.0 | ≥ 23.1 |
| 8 | ≤ 13.2 | 13.3 – 13.6 | 13.7 – 20.9 | 21.0 – 24.6 | ≥ 24.7 |
| 9 | ≤ 13.5 | 13.6 – 13.8 | 13.9 – 21.8 | 21.9 – 26.0 | ≥ 26.1 |
| 10 | ≤ 13.8 | 13.9 – 14.1 | 14.2 – 22.7 | 22.8 – 27.3 | ≥ 27.4 |
| 11 | ≤ 14.1 | 14.2 – 14.5 | 14.6 – 23.6 | 23.7 – 28.3 | ≥ 28.4 |
| 12 | ≤ 14.4 | 14.5 – 14.8 | 14.9 – 24.3 | 24.4 – 29.2 | ≥ 29.3 |
| 13 | ≤ 14.7 | 14.8 – 15.1 | 15.2 – 25.0 | 25.1 – 30.0 | ≥ 30.1 |
| 14 | ≤ 15.0 | 15.1 – 15.4 | 15.5 – 25.5 | 25.6 – 30.6 | ≥ 30.7 |
| 15 | ≤ 15.3 | 15.4 – 15.8 | 15.9 – 26.1 | 26.2 – 31.2 | ≥ 31.3 |
| 16 | ≤ 15.6 | 15.7 – 16.1 | 16.2 – 26.5 | 26.6 – 31.7 | ≥ 31.8 |
| 17 | ≤ 15.9 | 16.0 – 16.3 | 16.4 – 27.0 | 27.1 – 32.1 | ≥ 32.2 |
| 18 | ≤ 16.1 | 16.2 – 16.6 | 16.7 – 27.4 | 27.5 – 32.4 | ≥ 32.5 |

Girls

| Age (years) | Severely Underweight | Underweight | Acceptable Weight | Overweight | Severely Overweight |
|-------------|------------------------------|---|--|---|-------------------------------|
| | < 3 rd percentile | 3 rd - < 5 th percentiles | 5 th - < 90 th percentiles | 90 th - < 97 th percentiles | ≥ 97 th percentile |
| 6 | ≤ 12.6 | 12.7 - 12.8 | 12.9 – 18.3 | 18.4 - 20.5 | ≥ 20.6 |
| 7 | ≤ 12.8 | 12.9 - 13.1 | 13.2 – 19.1 | 19.2 - 21.8 | ≥ 21.9 |
| 8 | ≤ 13.1 | 13.2 - 13.4 | 13.5 – 20.1 | 20.2 - 23.1 | ≥ 23.2 |
| 9 | ≤ 13.4 | 13.5 - 13.7 | 13.8 – 21.0 | 21.1 - 24.4 | ≥ 24.5 |
| 10 | ≤ 13.7 | 13.8 - 14.1 | 14.2 – 21.9 | 22.0 - 25.6 | ≥ 25.7 |
| 11 | ≤ 14.1 | 14.2 - 14.4 | 14.5 – 22.7 | 22.8 - 26.6 | ≥ 26.7 |
| 12 | ≤ 14.4 | 14.5 - 14.8 | 14.9 – 23.4 | 23.5 - 27.5 | ≥ 27.6 |
| 13 | ≤ 14.8 | 14.9 - 15.2 | 15.3 – 24.0 | 24.1 - 28.3 | ≥ 28.4 |
| 14 | ≤ 15.1 | 15.2 - 15.5 | 15.6 – 24.6 | 24.7 - 28.9 | ≥ 29.0 |
| 15 | ≤ 15.4 | 15.5 - 15.8 | 15.9 – 25.0 | 25.1 - 29.4 | ≥ 29.5 |
| 16 | ≤ 15.7 | 15.8 - 16.1 | 16.2 – 25.4 | 25.5 - 29.7 | ≥ 29.8 |
| 17 | ≤ 15.9 | 16.0 - 16.3 | 16.4 – 25.7 | 25.8 - 30.0 | ≥ 30.1 |
| 18 | ≤ 16.1 | 16.2 - 16.5 | 16.6 – 25.9 | 26.0 - 30.3 | ≥ 30.4 |