

# BMI (Body Mass Index) – Pediatric Ages 2 to 20 Years

Calculated Body Mass Index Values for Selected Heights and Weights **Plot BMI-for-age on gender specific Childhood Growth Chart**

<b>&lt;5<sup>th</sup> percentile</b> <b>Underweight</b>	<b>5<sup>th</sup> - 85<sup>th</sup> percentile</b> <b>Healthy Weight</b>	<b>≥ 85<sup>th</sup> percentile</b> <b>At Risk of Overweight</b>	<b>≥ 95<sup>th</sup> percentile</b> <b>Overweight</b>
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Ht↓ Wt→		Kg	31.8	34.0	36.3	38.6	40.8	43.1	45.4	49.9	54.4	59.0	63.5	68.0	72.6	77.1	81.6	86.2	90.7
Cm	In	Lb	70	75	80	85	90	95	100	110	120	130	140	150	160	170	180	190	200
127.0	50		19.7	21.1	22.5	23.9	25.3	26.7	28.1	30.9	33.7								
129.5	51		18.9	20.3	21.6	23.0	24.3	25.7	27.0	29.7	32.4								
132.1	52		18.2	19.5	20.8	22.1	23.4	24.7	26.0	28.6	31.2	33.8							
134.6	53		17.5	18.8	20.0	21.3	22.5	23.8	25.0	27.5	30.0	32.5							
137.2	54		16.9	18.1	19.3	20.5	21.7	22.9	24.1	26.5	28.9	31.3	33.8						
139.7	55		16.3	17.4	18.6	19.8	20.9	22.1	23.2	25.6	27.9	30.2	32.5	34.9					
142.2	56		15.7	16.8	17.9	19.1	20.2	21.3	22.4	24.7	26.9	29.1	31.4	33.6					
144.8	57		15.1	16.2	17.3	18.4	19.5	20.6	21.6	23.8	26.0	28.1	30.3	32.5	34.6				
147.3	58		14.6	15.7	16.7	17.8	18.8	19.9	20.9	23.0	25.1	27.2	29.3	31.3	33.4				
149.9	59		14.1	15.1	16.2	17.2	18.2	19.2	20.2	22.2	24.2	26.3	28.3	30.3	32.3	34.3			
152.4	60		13.7	14.6	15.6	16.6	17.6	18.6	19.5	21.5	23.4	25.4	27.3	29.3	31.3	33.2			
157.5	62			13.7	14.6	15.5	16.5	17.4	18.3	20.1	21.9	24.6	25.8	27.4	29.3	31.1	32.9	34.8	
162.6	64				13.7	14.6	15.4	16.3	17.2	18.9	20.6	22.3	24.0	25.7	27.5	29.2	30.9	32.6	34.3
167.6	66					13.7	14.5	15.3	16.1	17.8	19.4	21.0	22.6	24.2	25.8	27.4	29.1	30.7	32.3
172.7	68						13.7	14.4	15.2	16.7	18.2	19.8	21.3	22.8	24.3	25.8	27.4	28.9	30.4
177.8	70							13.6	14.3	15.8	17.2	18.7	20.1	21.5	23.0	24.4	25.8	27.3	28.7
182.9	72								13.6	14.9	16.3	17.6	19.0	20.3	21.7	23.1	24.4	25.8	27.1
188.0	74									14.1	15.4	16.7	18.0	19.3	20.5	21.8	23.1	24.4	25.7
193.0	76									13.4	14.6	15.8	17.0	18.3	19.5	20.7	21.9	23.1	24.3

**METRIC Formula: Weight in kilograms ÷ Height in meters ÷ Height in meters = BMI** **ENGLISH Formula: Weight in pounds ÷ Height in inches ÷ Height in inches x 703 =BMI**

NOTE: Round to the closest number in the table when a child's specific height or weight measurement is not listed. The point where height and weight intersect represents the BMI value. The BMI-for-age charts and educational materials may be downloaded and printed at <http://www.cdc.gov/growthcharts/>. Source: DHSS Centers for Disease Control and Prevention Sept 2002

