

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**

<5th percentile Underweight			5th - 85th percentile Healthy Weight								≥ 85th percentile At Risk of Overweight					≥ 95 percentile Overweight			
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Ht↓ Wt→		Kg	15.4	16.3	17.2	18.1	19.1	20.0	20.9	21.8	22.7	23.6	24.5	25.4	26.3	27.2	28.1	29.0	29.9	30.8
Cm	In	Lb	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68
73.7	29		28.4	30.1	31.8	33.4														
76.2	30		26.6	28.1	29.7	31.2	32.8	34.4												
78.7	31		24.9	26.3	27.8	29.3	30.7	32.2	33.7											
81.3	32		23.3	24.7	26.1	27.5	28.8	30.2	31.6	33.0	34.3									
83.8	33		22.0	23.2	24.5	25.8	27.1	28.4	29.7	31.0	32.3	33.6								
86.4	34		20.7	21.9	23.1	24.3	25.5	26.8	28.0	29.2	30.4	31.6	32.8	34.1						
88.9	35		19.5	20.7	21.8	23.0	24.1	25.3	26.4	27.5	28.7	29.8	31.0	32.1	33.3	34.4				
91.4	36		18.4	19.5	20.6	21.7	22.8	23.9	25.0	26.0	27.1	28.2	29.3	30.4	31.5	32.5	33.6	34.7		
94.0	37		17.5	18.5	19.5	20.5	21.6	22.6	23.6	24.7	25.7	26.7	27.7	28.8	29.8	30.8	31.3	32.9	33.9	34.9
96.5	38		16.6	17.5	18.5	19.5	20.4	21.4	22.4	23.4	24.3	25.3	26.3	27.3	28.2	29.2	30.2	31.2	32.1	33.1
99.1	39		15.7	16.6	17.6	18.5	19.4	20.3	21.3	22.2	23.1	24.0	25.0	25.9	26.8	27.7	28.7	29.6	30.5	31.4
101.6	40		14.9	15.8	16.7	17.6	18.5	19.3	20.2	21.1	22.0	22.8	23.7	24.6	25.5	26.4	27.2	28.1	29.0	29.9
104.1	41		14.2	15.1	15.9	16.7	17.6	18.4	19.2	20.1	20.9	21.7	22.6	23.4	24.3	25.1	25.9	26.8	27.6	28.4
106.7	42		13.6	14.3	15.1	15.9	16.7	17.5	18.3	19.1	19.9	20.7	21.5	22.3	22.6	23.9	24.7	25.5	26.3	27.1
109.2	43			13.7	14.4	15.2	16.0	16.7	17.5	18.3	19.0	19.8	20.5	21.3	22.1	22.8	23.6	24.3	25.1	25.9
111.8	44			13.1	13.8	14.5	15.3	16.0	16.7	17.4	18.2	18.9	19.6	20.3	21.1	21.8	22.5	23.2	24.0	24.7
114.3	45				13.2	13.9	14.6	15.3	16.0	16.7	17.4	18.1	18.7	19.4	20.1	20.8	21.5	22.2	22.9	23.6
116.8	46					13.3	14.0	14.6	15.3	15.9	16.6	17.3	17.9	18.6	19.3	19.9	20.6	21.3	21.9	22.6
119.4	47						13.4	14.0	14.6	15.3	15.9	16.6	17.2	17.8	18.5	19.1	19.7	20.4	21.0	21.6
121.9	48							13.4	14.0	14.6	15.3	15.9	16.5	17.1	17.7	18.3	18.9	19.5	20.1	20.8
124.5	49									14.1	14.6	15.2	15.8	16.4	17.0	17.6	18.2	18.7	19.3	19.9

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: DHHS, Centers for Disease Control and Prevention Sept 2002

