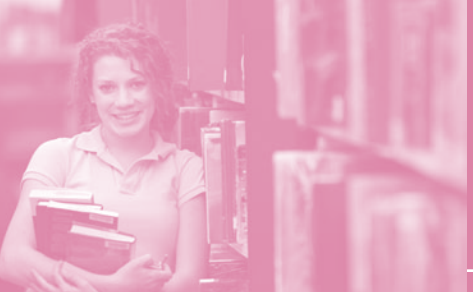


Body Mass Index by Age: Girls

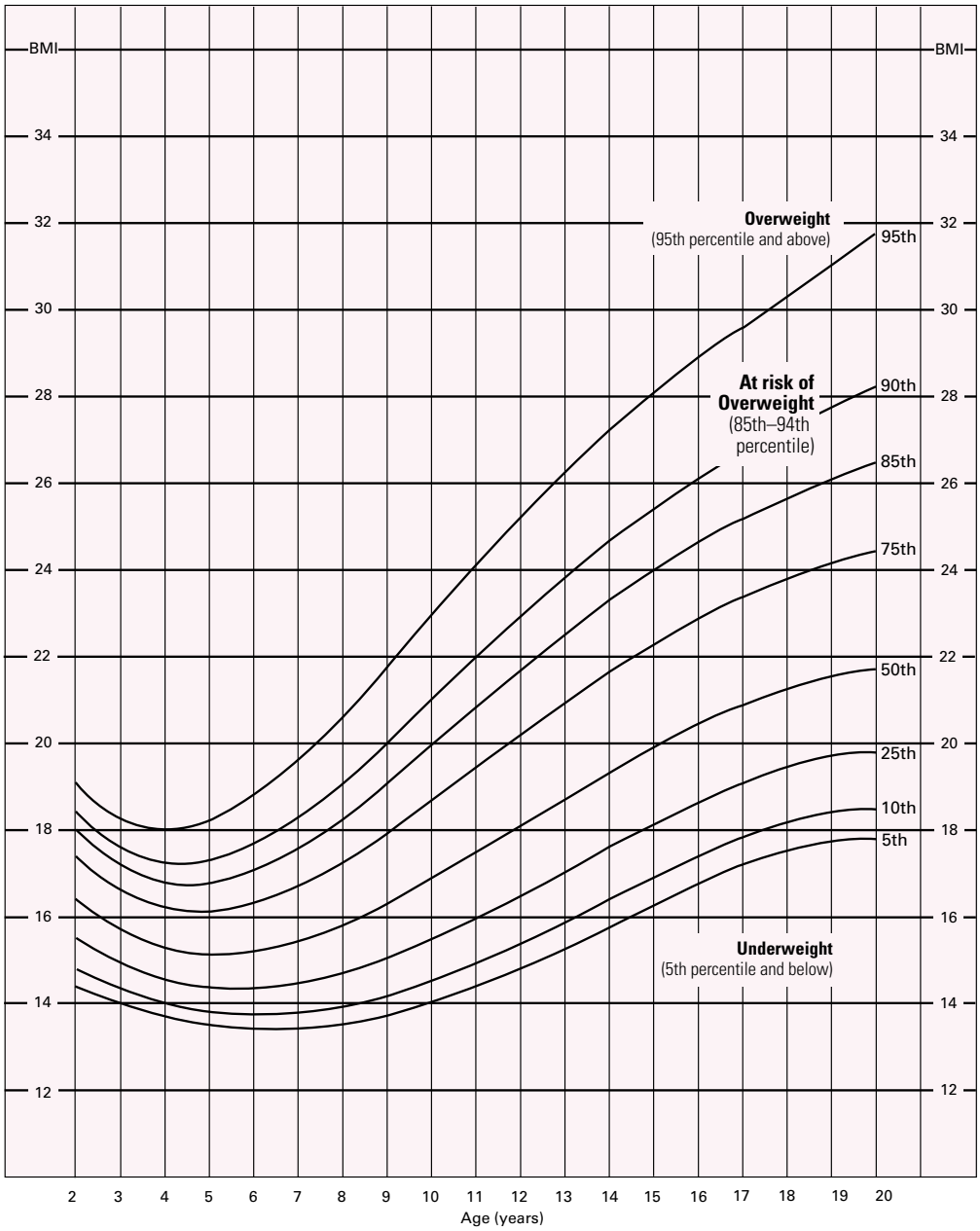
Step 1: Determine body mass index (BMI) by locating the intersection of the patient's weight with the patient's stature (see reverse side).

Step 2: Determine where the patient's BMI intersects with the patient's age on BMI-by-age percentile chart.

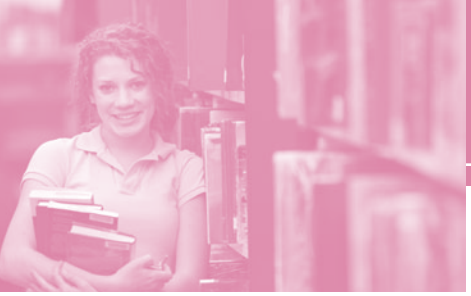
Adolescents with a BMI greater than or equal to the 95th percentile for age should have an in-depth dietary and health assessment to determine psychosocial morbidity and risk of future cardiovascular disease.

Adolescents with a BMI between the 85th and 94th percentile for age are at risk of becoming overweight. A dietary and health assessment to determine psychosocial morbidity and risk of cardiovascular disease may be warranted.

Adolescents with a BMI below the 5th percentile for age are underweight and should be assessed for organic disease, anorexia nervosa, or bulimia nervosa.



Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000).



Body Mass Index Chart

Height		m	1.24	1.27	1.3	1.32	1.35	1.37	1.4	1.42	1.45	1.47	1.5	1.52	1.55	1.57	1.6	1.63	1.65	1.68	1.7	1.73	1.75	1.78	1.8	1.83	1.85	1.88	1.9	1.93
		in	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
Weight kg	lb																													
20	45		13.2	12.7	12.2	11.7	11.3	10.8	10.5	10.1	9.7	9.4	9.1	8.8	8.5															
23	50		14.6	14.1	13.5	13.0	12.5	12.1	11.6	11.2	10.8	10.4	10.1	9.8	9.4	9.1	8.9	8.6	8.3											
25	55		16.1	15.5	14.9	14.3	13.8	13.3	12.8	12.3	11.9	11.5	11.1	10.7	10.4	10.1	9.7	9.4	9.2	8.9										
27	60		17.6	16.9	16.2	15.6	15.0	14.5	13.9	13.5	13.0	12.5	12.1	11.7	11.3	11.0	10.6	10.3	10.0	9.7	9.4	9.1								
29	65		19.0	18.3	17.6	16.9	16.3	15.7	15.1	14.6	14.1	13.6	13.1	12.7	12.3	11.9	11.5	11.2	10.8	10.5	10.2	9.9	9.6							
32	70		20.5	19.7	18.9	18.2	17.5	16.9	16.3	15.7	15.1	14.6	14.1	13.7	13.2	12.8	12.4	12.0	11.6	11.3	11.0	10.6	10.3	10.0						
34	75		22.0	21.1	20.3	19.5	18.8	18.1	17.4	16.8	16.2	15.7	15.1	14.6	14.2	13.7	13.3	12.9	12.5	12.1	11.7	11.4	11.1	10.8	10.5					
36	80		23.4	22.5	21.6	20.8	20.0	19.3	18.6	17.9	17.3	16.7	16.2	15.6	15.1	14.6	14.2	13.7	13.3	12.9	12.5	12.2	11.8	11.5	11.2	10.8				
39	85		24.9	23.9	23.0	22.1	21.3	20.5	19.8	19.1	18.4	17.8	17.2	16.6	16.1	15.5	15.1	14.6	14.1	13.7	13.3	12.9	12.6	12.2	11.9	11.5	11.2			
41	90		26.4	25.3	24.3	23.4	22.5	21.7	20.9	20.2	19.5	18.8	18.2	17.6	17.0	16.5	15.9	15.4	15.0	14.5	14.1	13.7	13.3	12.9	12.6	12.2	11.9	11.6		
43	95		27.8	26.7	25.7	24.7	23.8	22.9	22.1	21.3	20.6	19.9	19.2	18.6	17.9	17.4	16.8	16.3	15.8	15.3	14.9	14.4	14.0	13.6	13.2	12.9	12.5	12.2		
45	100		29.3	28.1	27.0	26.0	25.0	24.1	23.2	22.4	21.6	20.9	20.2	19.5	18.9	18.3	17.7	17.2	16.6	16.1	15.7	15.2	14.8	14.3	13.9	13.6	13.2	12.8	12.5	12.2
48	105		30.7	29.5	28.4	27.3	26.3	25.3	24.4	23.5	22.7	21.9	21.2	20.5	19.8	19.2	18.6	18.0	17.5	16.9	16.4	16.0	15.5	15.1	14.6	14.2	13.9	13.5	13.1	12.8
50	110		32.2	30.9	29.7	28.6	27.5	26.5	25.6	24.7	23.8	23.0	22.2	21.5	20.8	20.1	19.5	18.9	18.3	17.8	17.2	16.7	16.2	15.8	15.3	14.9	14.5	14.1	13.7	13.4
52	115		33.7	32.3	31.1	29.9	28.8	27.7	26.7	25.8	24.9	24.0	23.2	22.5	21.7	21.0	20.4	19.7	19.1	18.6	18.0	17.5	17.0	16.5	16.0	15.6	15.2	14.8	14.4	14.0
54	120		35.1	33.7	32.4	31.2	30.0	28.9	27.9	26.9	26.0	25.1	24.2	23.4	22.7	21.9	21.3	20.6	20.0	19.4	18.8	18.2	17.7	17.2	16.7	16.3	15.8	15.4	15.0	14.6
57	125		36.6	35.2	33.8	32.5	31.3	30.1	29.0	28.0	27.0	26.1	25.2	24.4	23.6	22.9	22.1	21.5	20.8	20.2	19.6	19.0	18.5	17.9	17.4	17.0	16.5	16.0	15.6	15.2
59	130		38.1	36.6	35.1	33.8	32.5	31.3	30.2	29.1	28.1	27.2	26.3	25.4	24.6	23.8	23.0	22.3	21.6	21.0	20.4	19.8	19.2	18.7	18.1	17.6	17.1	16.7	16.2	15.8
61	135		39.5	38.0	36.5	35.1	33.8	32.5	31.4	30.3	29.2	28.2	27.3	26.4	25.5	24.7	23.9	23.2	22.5	21.8	21.1	20.5	19.9	19.4	18.8	18.3	17.8	17.3	16.9	16.4
64	140		41.0	39.4	37.8	36.4	35.0	33.8	32.5	31.4	30.3	29.3	28.3	27.3	26.4	25.6	24.8	24.0	23.3	22.6	21.9	21.3	20.7	20.1	19.5	19.0	18.5	18.0	17.5	17.0
66	145		42.5	40.8	39.2	37.7	36.3	35.0	33.7	32.5	31.4	30.3	29.3	28.3	27.4	26.5	25.7	24.9	24.1	23.4	22.7	22.0	21.4	20.8	20.2	19.7	19.1	18.6	18.1	17.6
68	150		43.9	42.2	40.5	39.0	37.5	36.2	34.9	33.6	32.5	31.3	30.3	29.3	28.3	27.4	26.6	25.7	25.0	24.2	23.5	22.8	22.1	21.5	20.9	20.3	19.8	19.3	18.7	18.3
70	155		45.4	43.6	41.9	40.3	38.8	37.4	36.0	34.7	33.5	32.4	31.3	30.3	29.3	28.3	27.5	26.6	25.8	25.0	24.3	23.6	22.9	22.2	21.6	21.0	20.4	19.9	19.4	18.9
73	160		46.8	45.0	43.2	41.6	40.0	38.6	37.2	35.9	34.6	33.4	32.3	31.2	30.2	29.3	28.3	27.5	26.6	25.8	25.1	24.3	23.6	23.0	22.3	21.7	21.1	20.5	20.0	19.5
75	165		48.3	46.4	44.6	42.9	41.3	39.8	38.3	37.0	35.7	34.5	33.3	32.2	31.2	30.2	29.2	28.3	27.5	26.6	25.8	25.1	24.4	23.7	23.0	22.4	21.8	21.2	20.6	20.1
77	170		49.8	47.8	45.9	44.2	42.5	41.0	39.5	38.1	36.8	35.5	34.3	33.2	32.1	31.1	30.1	29.2	28.3	27.4	26.6	25.8	25.1	24.4	23.7	23.1	22.4	21.8	21.2	20.7
79	175			49.2	47.3	45.5	43.8	42.2	40.7	39.2	37.9	36.6	35.3	34.2	33.1	32.0	31.0	30.0	29.1	28.2	27.4	26.6	25.8	25.1	24.4	23.7	23.1	22.5	21.9	21.3
82	180			50.6	48.7	46.8	45.0	43.4	41.8	40.4	38.9	37.6	36.4	35.2	34.0	32.9	31.9	30.9	30.0	29.0	28.2	27.4	26.6	25.8	25.1	24.4	23.7	23.1	22.5	21.9
84	185				50.0	48.1	46.3	44.6	43.0	41.5	40.0	38.7	37.4	36.1	35.0	33.8	32.8	31.8	30.8	29.9	29.0	28.1	27.3	26.5	25.8	25.1	24.4	23.8	23.1	22.5
86	190					49.4	47.6	45.8	44.2	42.6	41.1	39.7	38.4	37.1	35.9	34.7	33.7	32.6	31.6	30.7	29.8	28.9	28.1	27.3	26.5	25.8	25.1	24.4	23.7	23.1
88	195					50.7	48.8	47.0	45.3	43.7	42.2	40.8	39.4	38.1	36.8	35.7	34.5	33.5	32.4	31.5	30.5	29.6	28.8	28.0	27.2	26.4	25.7	25.0	24.4	23.7
91	200						50.1	48.2	46.5	44.8	43.3	41.8	40.4	39.1	37.8	36.6	35.4	34.3	33.3	32.3	31.3	30.4	29.5	28.7	27.9	27.1	26.4	25.7	25.0	24.3
93	205							49.4	47.6	46.0	44.4	42.8	41.4	40.0	38.7	37.5	36.3	35.2	34.1	33.1	32.1	31.2	30.3	29.4	28.6	27.8	27.0	26.3	25.6	25.0
95	210								48.8	47.1	45.4	43.9	42.4	41.0	39.7	38.4	37.2	36.0	34.9	33.9	32.9	31.9	31.0	30.1	29.3	28.5	27.7	27.0	26.2	25.6
98	215								50.0	48.2	46.5	44.9	43.4	42.0	40.6	39.3	38.1	36.9	35.8	34.7	33.7	32.7	31.7	30.8	30.0	29.2	28.4	27.6	26.9	26.2
100	220									49.3	47.6	46.0	44.4	43.0	41.6	40.2	39.0	37.8	36.6	35.5	34.5	33.4	32.5	31.6	30.7	29.8	29.0	28.2	27.5	26.8
102	225									50.4	48.7	47.0	45.4	43.9	42.5	41.1	39.9	38.6	37.4	36.3	35.2	34.2	33.2	32.3	31.4	30.5	29.7	28.9	28.1	27.4
104	230										49.8	48.1	46.4	44.9	43.5	42.1	40.7	39.5	38.3	37.1	36.0	35.0	34.0	33.0	32.1	31.2	30.3	29.5	28.7	28.0
107	235											49.1	47.5	45.9	44.4	43.0	41.6	40.3	39.1	37.9	36.8	35.7	34.7	33.7	32.8	31.9	31.0	30.2	29.4	28.6
109	240											50.2	48.5	46.9	45.3	43.9	42.5	41.2	39.9	38.7	37.6	36.5	35.4	34.4	33.5	32.5	31.7	30.8	30.0	29.2
111	245												49.5	47.8	46.3	44.8	43.4	42.0	40.8	39.5	38.4	37.2	36.2	35.2	34.2	33.2	32.3	31.5	30.6	29.8
113	250												50.5	48.8	47.2	45.7	44.3	42.9	41.6	40.3	39.2	38.0	36.9	35.9	34.9	33.9	33.0	32.1	31.2	30.4
116	255													49.8	48.2	46.6	45.2	43.8	42.4	41.2	39.9	38.8	37.7	36.6	35.6	34.6	33.6	32.7	31.9	31.0
118	260														49.1	47.5	46.1	44.6	43.3	42.0	40.7	39.5	38.4	37.3	36.3	35.3	34.3	33.4	32.5	31.6
120	265														50.1	48.5	46.9	45.5	44.1	42.8	41.5	40.3	39.1	38.0	37.0	35.9	35.0	34.0	33.1	32.3
122	270															49.4	47.8	46.3	44.9	43.6	42.3	41.0	39.9	38.7	37.7	36.6	35.6	34.7	33.7	32.9
125	275																48.7	47.2	45.8	44.4	43.1	41.8	40.6	39.5	38.4	37.3	36.3	35.3	34.4	33.5
127	280																49.6	48.1	46.6	45.2	43.8	42.6	41.3	40.2	39.0	38.0	36.9	35.9	35.0	34.1
129	285																50.5	48.9	47.4	46.0	44.6	43.3	42.1	40.9	39.7	38.6	37.6	36.6	35.6	34.7
132	290																	49.8	48.3	46.8	45.4	44.1	42.8	41.6	40.4	39.3	38.3	37.2	36.2	35.3
134	295																	50.6	49.1	47.6	46.2	44.8	43.6	42.3	41.1	40.0	38.9	37.9	36.9	35.9
136	300																		49.9	48.4	47.0	45.6	44.3	43.0	41.8	40.7	39.6	38.5	37.5	36.5

Centers for Disease Control and Prevention. BMI—Body Mass Index: about BMI for children and teens. Available at: http://www.cdc.gov/nccdphp/dnpa/bmi/childrens_BMI/about_childrens_BMI.htm. Retrieved August 8, 2006.

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