

GIRLS UK

Body mass index (BMI)

2-20 years



The BMI centile is a simple and reliable indicator of thinness and fatness in childhood. Where severe over- or underweight is a concern, or where there is a need for monitoring over time, BMI can be calculated and plotted on this chart. It is important also to plot the height and weight separately on the main 2-18 chart. There is also a BMI centile look-up on the standard 2-18 chart for less complex cases.

BMI is calculated by dividing weight (in kg) by the square of height (in metres e.g. 1.32 m, not centimetres e.g. 132 cm).

A simple way to do this on a calculator or mobile phone is:

1. Enter the weight. 2. Divide by height. 3. Divide the result by height.

The result can then be plotted on the chart below.

Please place sticker (if available) otherwise write in space provided.

Name: _____

NHS/CHI No:

Hospital No:

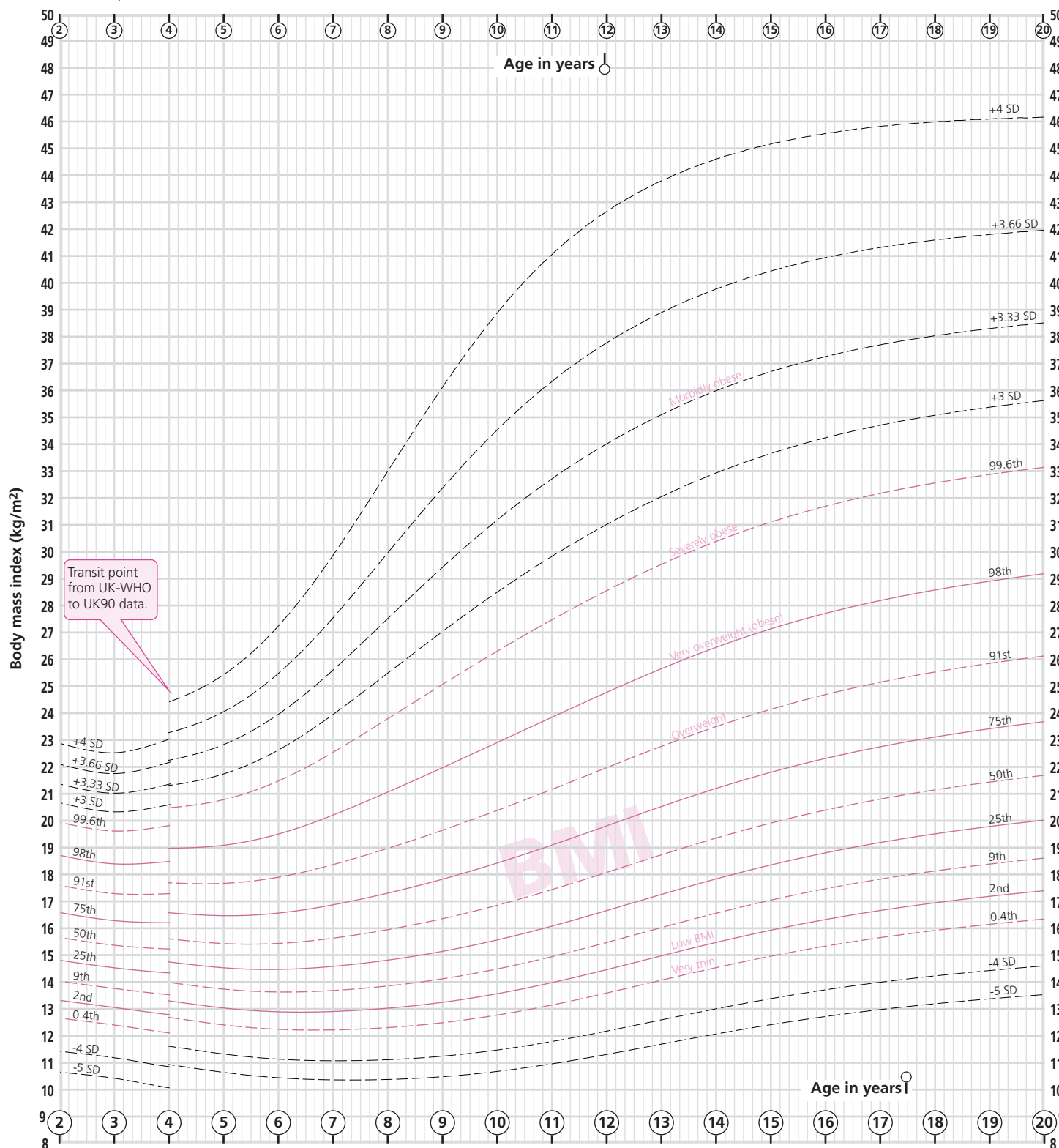
Date of Birth: / /

Overweight and obesity

A BMI above the 91st centile suggests overweight. A child above the 98th centile is very overweight (clinically obese) while a BMI above the 99.6th centile is severely obese. In addition to the usual nine centile lines, the BMI chart displays high lines at +3, +3.33, +3.66 and +4 SD, which can be used to monitor the progress of children in overweight treatment programmes.

Thinness

A BMI below the 2nd centile is unusual and may reflect undernutrition, but may simply reflect a small build. The chart also displays low lines at -4 and -5 SD for those who are severely underweight. Children whose BMI lies below the 0.4th centile are likely to have additional problems and if not already receiving medical or dietetic attention should be referred.



Data Recording

Measurement 1

Recording Date
Weight
Length/Height
BMI
Location
Health worker name

Measurement 2

Recording Date
Weight
Length/Height
BMI
Location
Health worker name

Measurement 3

Recording Date
Weight
Length/Height
BMI
Location
Health worker name

Measurement 4

Recording Date
Weight
Length/Height
BMI
Location
Health worker name

Measurement 5

Recording Date
Weight
Length/Height
BMI
Location
Health worker name

Measurement 6

Recording Date
Weight
Length/Height
BMI
Location
Health worker name

Measurement 7

Recording Date
Weight
Length/Height
BMI
Location
Health worker name

Measurement 8

Recording Date
Weight
Length/Height
BMI
Location
Health worker name

Measurement 9

Recording Date
Weight
Length/Height
BMI
Location
Health worker name

Measurement 10

Recording Date
Weight
Length/Height
BMI
Location
Health worker name

Data Recording

Measurement 1

Recording Date
Weight
Length/Height
BMI
Location
Health worker name

Measurement 2

Recording Date
Weight
Length/Height
BMI
Location
Health worker name

Measurement 3

Recording Date
Weight
Length/Height
BMI
Location
Health worker name

Measurement 4

Recording Date
Weight
Length/Height
BMI
Location
Health worker name

Measurement 5

Recording Date
Weight
Length/Height
BMI
Location
Health worker name

Measurement 6

Recording Date
Weight
Length/Height
BMI
Location
Health worker name

Measurement 7

Recording Date
Weight
Length/Height
BMI
Location
Health worker name

Measurement 8

Recording Date
Weight
Length/Height
BMI
Location
Health worker name

Measurement 9

Recording Date
Weight
Length/Height
BMI
Location
Health worker name

Measurement 10

Recording Date
Weight
Length/Height
BMI
Location
Health worker name

BOYS UK

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