



## Calculating BMI for Children and Adolescents

The adult BMI categories do not apply to children and adolescents aged between 2 and 20. Finding the correct BMI category for a child requires their age, sex and BMI to be compared against a known dataset. Use the graphs below and the table to the right to determine BMI category for children.

More information at:

[www.skillsyouneed.com/ps/bmi.html](http://www.skillsyouneed.com/ps/bmi.html)

Child/Adolescent BMI Category	Percentile Range
<b>Underweight</b>	<b>Less than the 5<sup>th</sup> percentile.</b> <i>Below the blue line</i>
<b>Healthy weight</b>	<b>Between the 5<sup>th</sup> and 85<sup>th</sup> percentiles.</b> <i>Between the blue and black lines</i>
<b>Overweight</b>	<b>Between the 85<sup>th</sup> and 95<sup>th</sup> percentiles.</b> <i>Between the black and red lines</i>
<b>Obese</b>	<b>Above the 95<sup>th</sup> percentile.</b> <i>Above the red line</i>

