

GIRLS BMI CHART

Birth - 20 yrs UK cross-sectional body mass index reference chart. 2008/1

IDENTIFICATION

BMI equation: $\text{weight [kg]} \div \text{height [m]}^2$

Name.....

D.O.B. [DDMMYY] / /

NHS No.

Mother
Weight [kg] Height [m] BMI

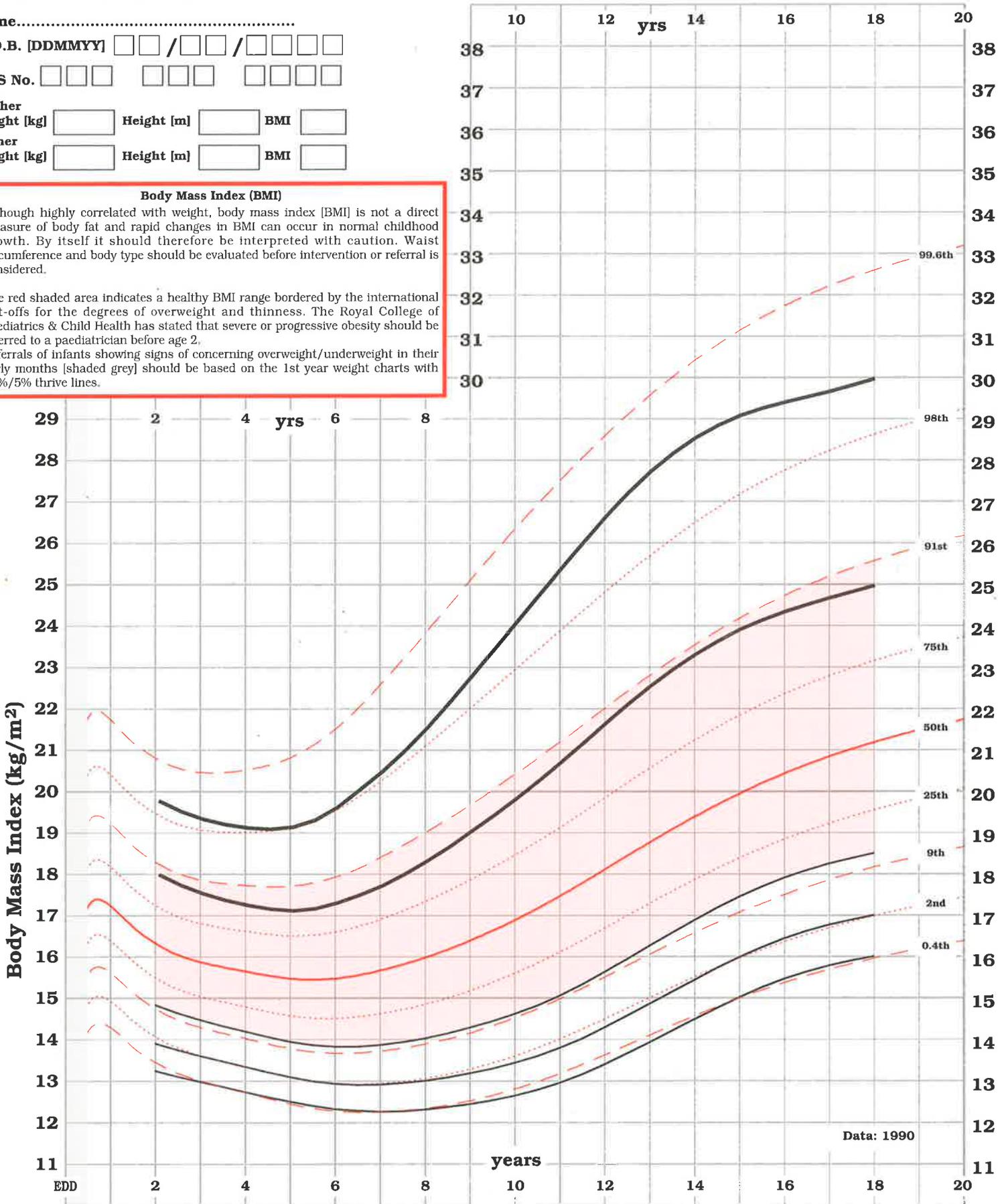
Father
Weight [kg] Height [m] BMI

Body Mass Index (BMI)

Although highly correlated with weight, body mass index [BMI] is not a direct measure of body fat and rapid changes in BMI can occur in normal childhood growth. By itself it should therefore be interpreted with caution. Waist circumference and body type should be evaluated before intervention or referral is considered.

The red shaded area indicates a healthy BMI range bordered by the international cut-offs for the degrees of overweight and thinness. The Royal College of Paediatrics & Child Health has stated that severe or progressive obesity should be referred to a paediatrician before age 2.

Referrals of infants showing signs of concerning overweight/underweight in their early months [shaded grey] should be based on the 1st year weight charts with 95%/5% thrive lines.



Manufacture 8 Feb. 09

Body mass index reference curves for the UK, 1990 (Cole TJ, Freeman JV, Preece MA) *Arch Dis Child* 1995; **73**: 25-9

Establishing a standard definition for child overweight and obesity: international survey (Cole TJ, Bellizzi MC, Flegal KM, Dietz WH) *BMJ* 2000; **320**: 1240-3

Body mass index cut-offs to define thinness in children and adolescents: international survey (Cole TJ, Flegal KM, Nicholls D, Jackson AA) *BMJ* 2007; **335**: 194-7



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