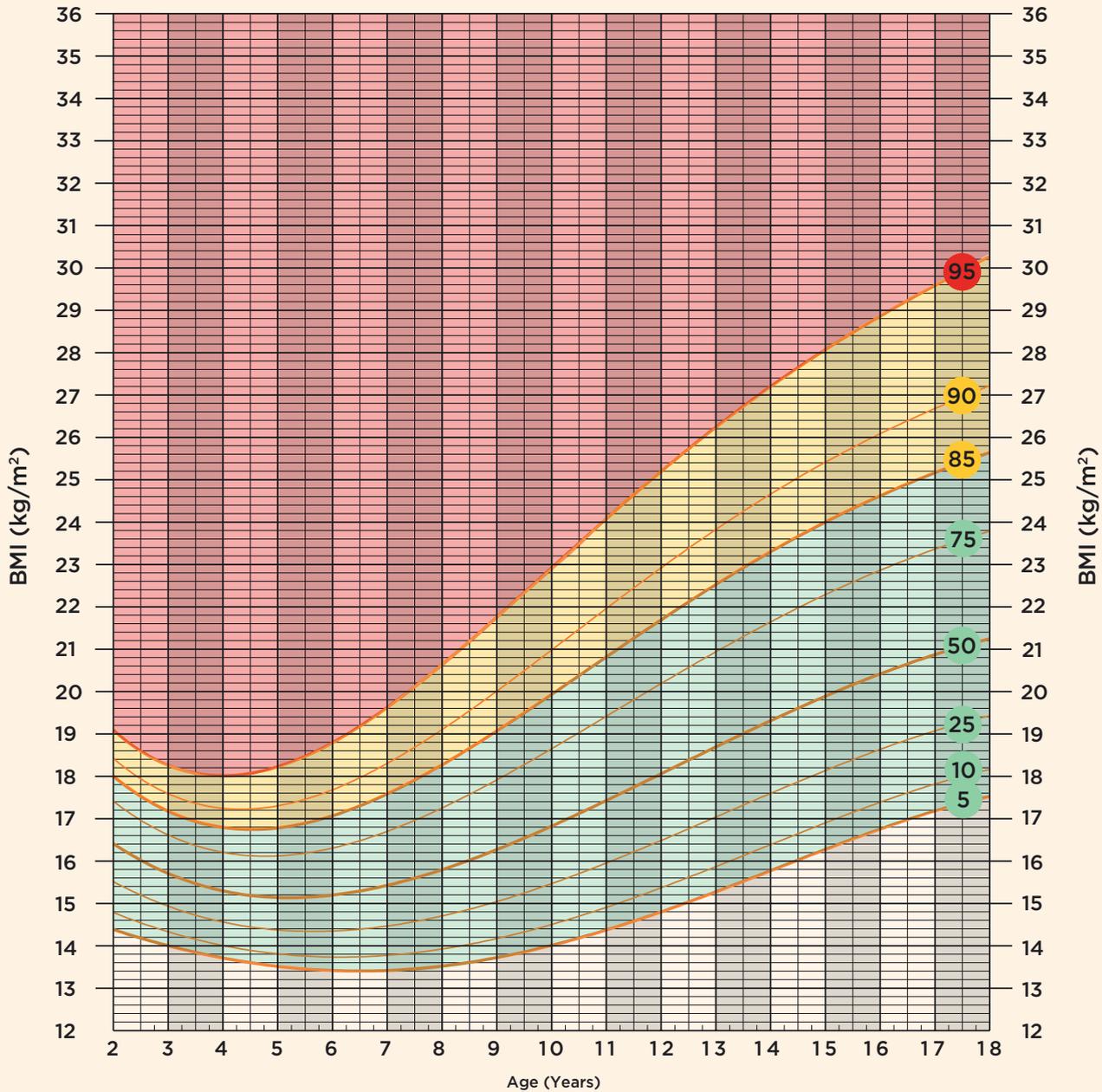


Name: Record number:
DOB:

Body mass index (BMI)-for-age percentile chart

Girls: 2 to 18 years



Below a healthy weight
 < 5th percentile
(underweight)

Healthy weight
 5th percentile to < 85th percentile

Above a healthy weight
 85th percentile to < 95th percentile
(overweight)

Well above a healthy weight
 95th percentile and above
(obesity)

For more healthy habit tips visit healthyliving.nsw.gov.au
 For health professional resources visit pro.healthykids.nsw.gov.au

Source: Centers for Disease Control and Prevention (CDC) (2000). The BMI for age chart takes the age, height, weight and sex of the child into consideration. The CDC charts are appropriate for children aged 2 to 18 years old.

SHPN (CPH) 210343



HEALTHYEATING
ACTIVE LIVING