

Basics of Pediatric BMI%'s

Why BMI%?

BMI is used differently with children than it is with adults:

- Children's lean mass and fat mass change over the years as they grow
- Girls and boys differ in their lean body mass and fat mass
- BMI for children, also referred to as **BMI-for age is:**

Gender Specific in Children

- BMI for age is plotted on gender specific growth charts
- These charts are used for children and teens 2-20 years of age

Why not just BMI?

- A BMI of 22 in a 7 year old boy is far above the 99th% (very obese), while a BMI of 22 in a 16 year old boy is just below the 75th% (a healthy weight).

Remember in kids, it's the percentile that counts!

When to do BMI%'s?

- Annually at WCC and EPSDT's for children ages 2-18
- Sports Physicals and as appropriate
- Teen Family Planning visits

Calculation Tools:

BMI Wheel for BMI to plot on Growth Chart for BMI %.

Download BMI Growth Charts @

www.cdc.gov/growthcharts

Use EPI Info Program (to calculate BMI%) from same CDC

Website (Must download this free software to computer)

Calculating BMI on hand held devices: Statcoder.com

Envision NM BP% and BMI% Charts

(Download from Envisionnm.org)

BMI% Weight Category Diagnosis:

Correlate with appropriate weight category diagnosis:

- <5%** ⇒ **Underweight**
- 5-84%** ⇒ **Healthy Weight**
- 85-94%** ⇒ **Overweight**
- 95%-98%** ⇒ **Obese**
- ≥99%** ⇒ **High Risk Category**



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