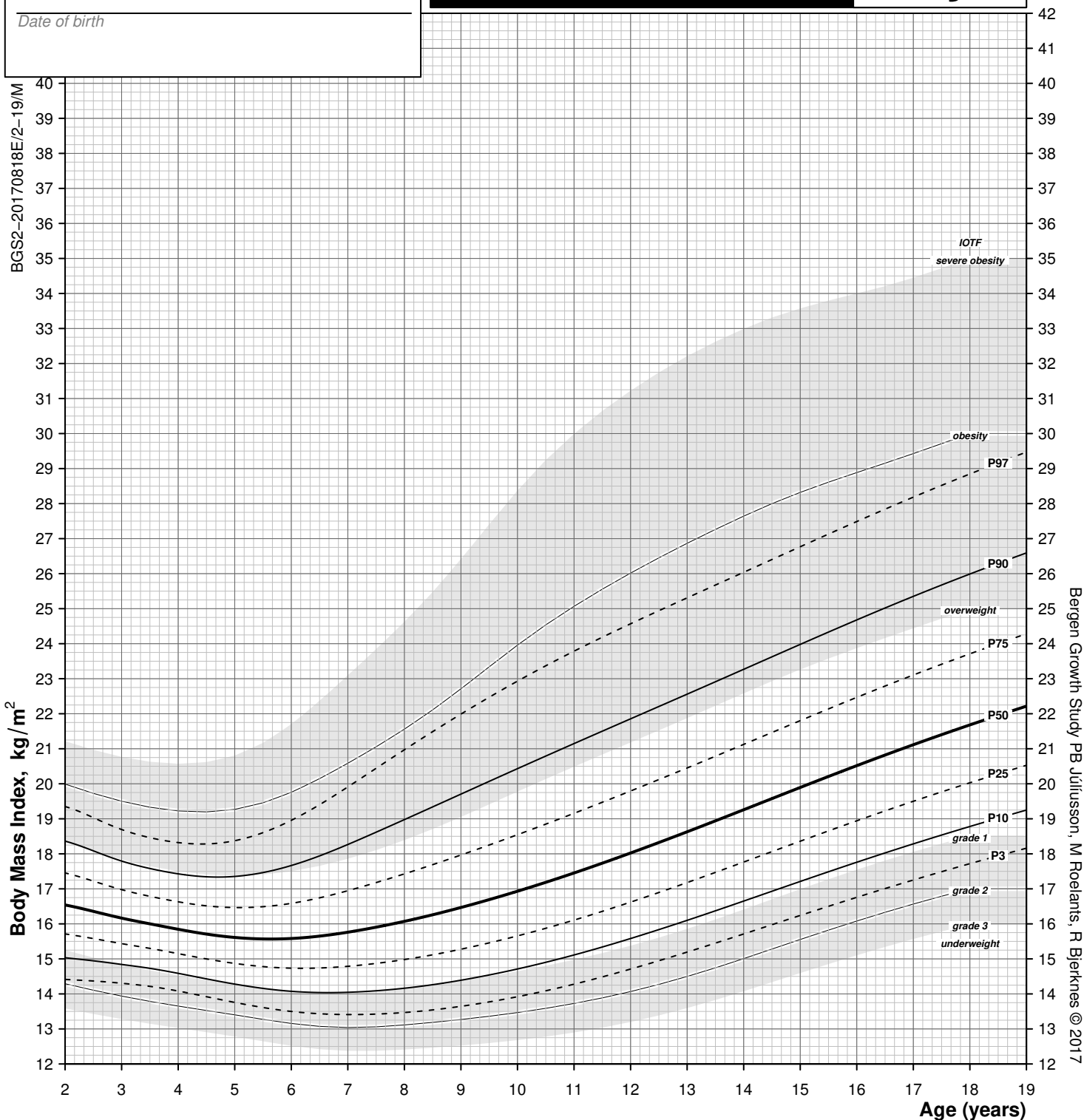


# Body Mass Index 2 – 19 years

# Boys

Name \_\_\_\_\_

Date of birth \_\_\_\_\_



Bergen Growth Study/ PB Júlíusson, M Roelants, R Bjerknes © 2017

Age/Date	Weight (kg)	Height (cm)	BMI (kg/m <sup>2</sup> )

**BMI = The body mass index** is used to identify children at risk for overweight or underweight. The BMI is calculated as weight (in kilograms) divided by height (in meters) squared: kg/m<sup>2</sup>. The International Obesity Task Force (IOTF) percentiles that cross the corresponding adult BMI cutoffs of 25, 30 or 35 kg/m<sup>2</sup> at 18 years of age on the BMI chart define cutoffs for overweight, obesity grade 1 and obesity grade 2. Cutoffs for thinness grade 1, 2 and 3 are defined in a similar manner using the adult BMI cutoffs of 18.5, 17 and 16 kg/m<sup>2</sup>. On the chart, areas between the cut-offs are given a gray colour. The BMI can be used as a screening tool, but is not diagnostic for the weight status or health of a child. The treatment of overweight or underweight should be preceded by a clinical examination.