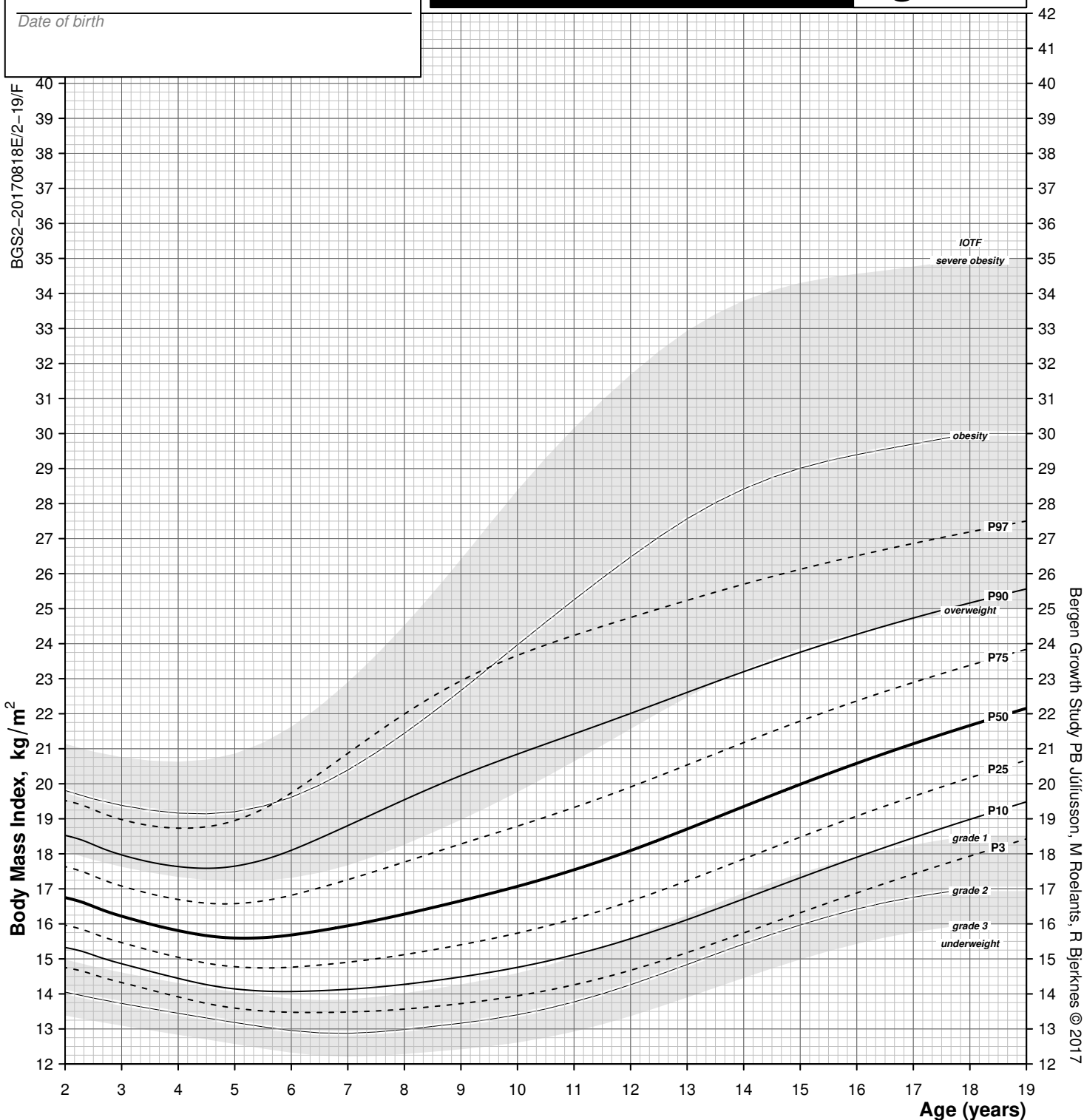


# Body Mass Index 2 – 19 years

# girls

Name \_\_\_\_\_

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



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.

Júlíusson PB, Roelants M, Hjelmæsæth J, Bjerknes R. Tidsskr Nor Laegeforen. 2017  
 Júlíusson PB, Roelants M, Eide GE, Moster D, Juul A, Hauspie R, Waaler PE, Bjerknes R. Tidsskr Nor Laegeforen. 2009;129:281–6.