

## BMI Information Sheet for Parents

### What is BMI?

Body Mass Index (or BMI) is a number calculated from a person's weight and height. It provides an index of a person's body density, or the ratio of a person's weight to size. BMI is one indicator of a person's body fat, and is often used to screen for weight categories associated with health problems. In a number of studies, BMI has predicted later health consequences in children and adults.

### How is BMI calculated?

The general BMI formula is  $BMI = \frac{\text{weight}}{\text{height}^2}$ . Expressed in metric terms (e.g., centimeters and kilograms) the formula is  $BMI = \frac{\text{kg}}{\text{cm}^2}$ . If English units are used (e.g., inches and pounds), the formula changes to  $BMI = \left[ \frac{\text{pounds}}{\text{inches}^2} \right] \times 703$ . Both expressions of the formula will provide the same BMI.

### What is a healthy BMI?

For children, a healthy BMI will vary by age and sex. Because of this, it is more useful to think about a child's **BMI percentile**. The BMI percentile indicates a child's BMI relative to a national sample of children of the same sex and age. This gives a general indicator of your child's BMI compared to others, and can be used to indicate how healthy your child's weight is. The CDC Growth Charts (<http://www.cdc.gov/growthcharts/>) can be used to plot your child's BMI. These charts also indicate your child's weight status category. The CDC uses the following categories to describe children's weight.

Weight Status Category	Percentile Range
Underweight	Below the 5 <sup>th</sup> percentile
Healthy weight	Between the 5 <sup>th</sup> and the 85 <sup>th</sup> percentiles
Overweight	Between the 85 <sup>th</sup> and the 95 <sup>th</sup> percentiles
Obese	Above the 95 <sup>th</sup> percentile

### What is my child's BMI?

Your child is a  male  female.

Your child's birthday is \_\_\_\_\_.

Your child's height and weight were measured on \_\_\_\_\_.

On this date, your child's weight was \_\_\_\_\_, and his/her height was \_\_\_\_\_.

Using the BMI calculator at <http://apps.nccd.cdc.gov/dnpabmi/Calculator.aspx>, your child's BMI is \_\_\_\_\_.

This places your child's BMI at the \_\_\_\_\_ percentile for age and sex.

This places your child's BMI in the following CDC BMI category:

underweight  healthy weight  overweight  obese

**Please see my recommendations for your child on the next page.**

**Based on the information that we have discussed so far, I have the following recommendations:**

**Activity Level**

From what we have discussed, it appears that \_\_\_\_\_

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Recommendation: \_\_\_\_\_

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**Nutrition**

From what we have discussed, it appears that \_\_\_\_\_

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Recommendation: \_\_\_\_\_

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**Other Recommendations or Referrals**

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*School nurse: Please attach a completed CDC Growth Chart for future reference.*

*For girls, find the CDC BMI Chart at*

*<http://www.cdc.gov/nchs/data/nhanes/growthcharts/set1clinical/cj411024.pdf>*

*For boys, find the CDC BMI Chart at*

*<http://www.cdc.gov/nchs/data/nhanes/growthcharts/set1clinical/cj411023.pdf>*