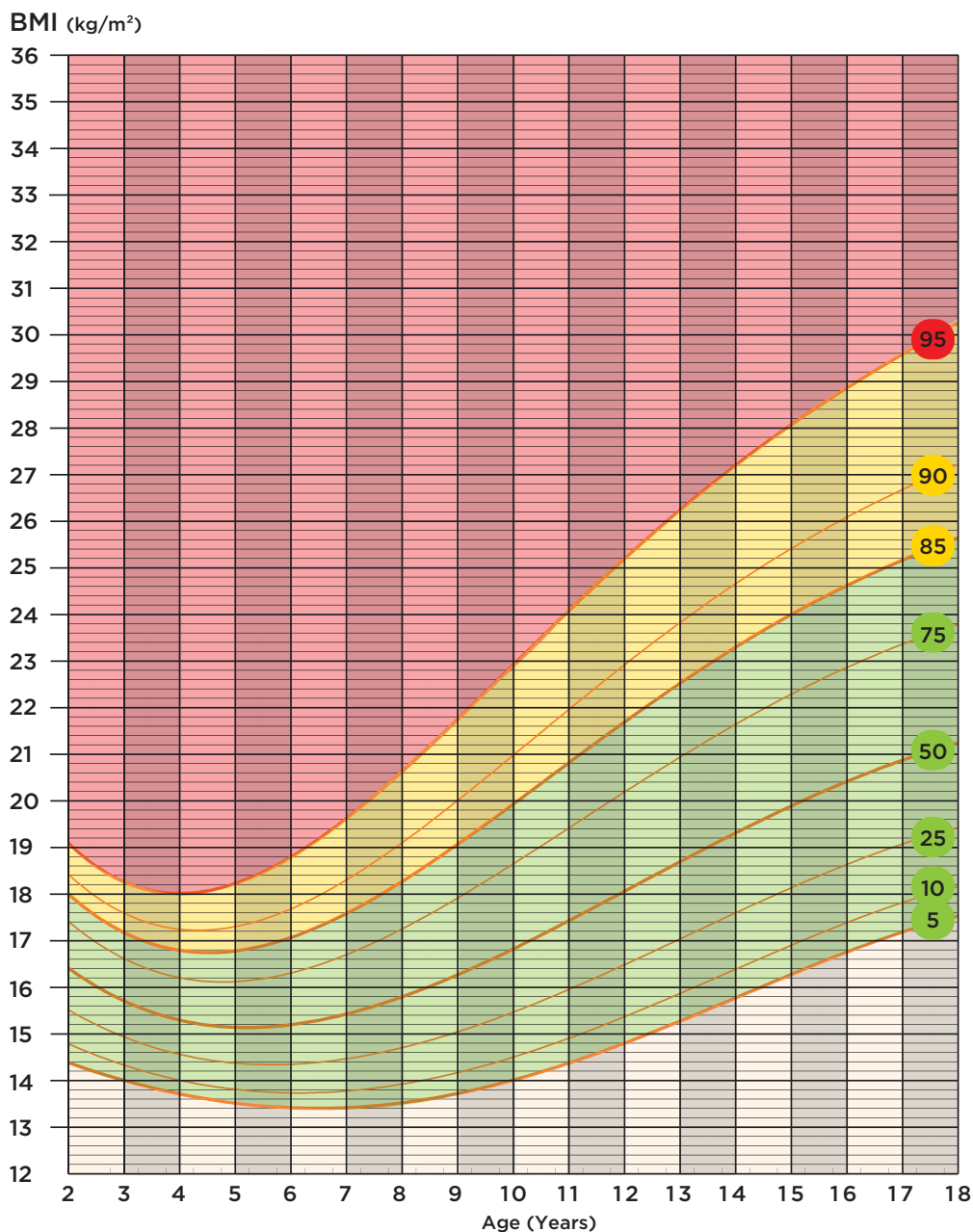


Children's Weight Status Calculator

This chart helps you calculate your child's weight status. It's best if you calculate your child's weight status every 3 months and track over time. You can also do this online at pro.healthykids.nsw.gov.au/calculator.

HOW TO USE THIS CHART

- Make sure that you have chosen the correct chart for your child's age and sex. This chart is specific for girls aged 2 to 18 years old.
- Measure your child's height in metres and your child's weight in kilograms.
 - Write your child's weight (in kilograms) here: kg
 - Write your child's height (in metres) here: m
- Work out the body mass index (BMI) using a calculator:
 - Enter weight in kilograms. For example, enter 23.4 if your child is 23.4kg.
 - Press the divide button (\div or $/$).
 - Enter height in metres. For example, enter 1.21 if your child is 121 centimetres.
 - Press the divide button (\div or $/$) again.
 - Enter height in metres again.
 - Press the equals button (=).
 - Write result here: BMI =
- Plot the BMI on the BMI for age chart to calculate your child's weight status:
 - Find your child's age along the bottom (on the horizontal axis).
 - Draw a straight (vertical) line up from that point.
 - Find your child's BMI along the left hand side (on the vertical axis).
 - Draw a straight (horizontal) line from that point.
 - Make a dot where the two lines meet.
- If your dot is in the green area, your child has a healthy weight. If your dot is not in the green zone, your child is above or below a healthy weight. Please talk to your child's doctor for more information.



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)

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.