

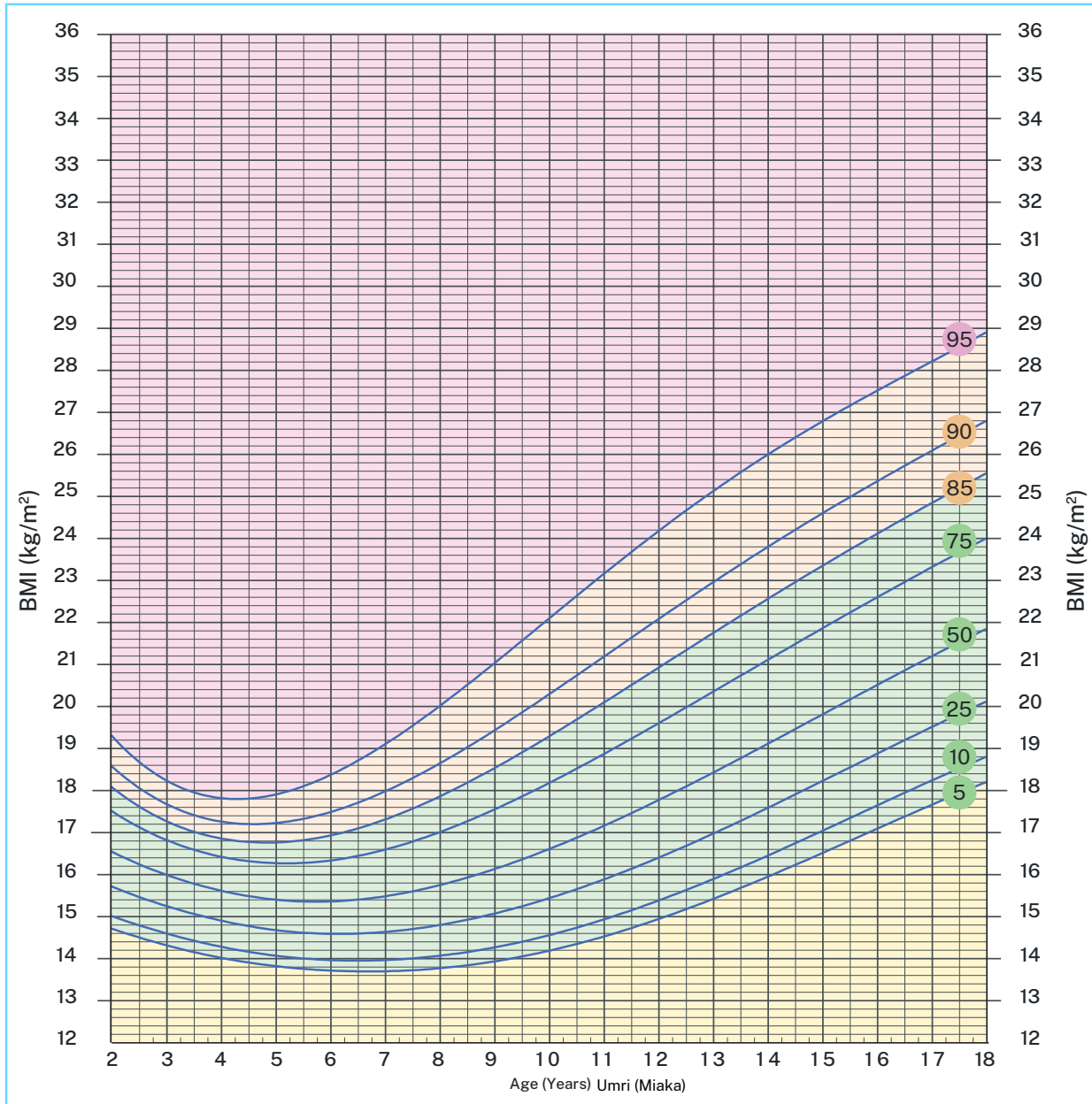
Name: \_\_\_\_\_  
Jina: \_\_\_\_\_

DOB: \_\_\_\_\_  
DOB: \_\_\_\_\_

Record number: \_\_\_\_\_  
Nambari ya kumbukumbu: \_\_\_\_\_

## Kula kwa Afya Kuishi kwa Shughuli Chati ya asilimia ya Kielezo cha misa ya mwili (BMI)–kwa-umri

Wavulana: miaka  
2 hadi 18



Chini ya uzito wa  
afya bora  
< 5 asilimia

Uzito wa afya bora  
5 asilimia hadi  
< 85 asilimia

Kupita uzito wa  
afya bora  
85 asilimia hadi  
< 95 asilimia

Kupita mno uzito  
wa afya bora  
95 asilimia na  
zaidi



Ili kupata vidokezo zaidi vya tabia za afya changanua  
msimbo wa QR au tembelea healthy [living.nsw.gov.au](https://www.living.nsw.gov.au)



Chanzo: Centers for Disease Control and Prevention (CDC) (2000). Chati ya BMI kwa umri inazingatia umri, urefu, uzito pamoja na jinsia ya mtoto. Chati za CDC zinafaa kwa watoto wa umri wa miaka 2 hadi 18.

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Swahili