

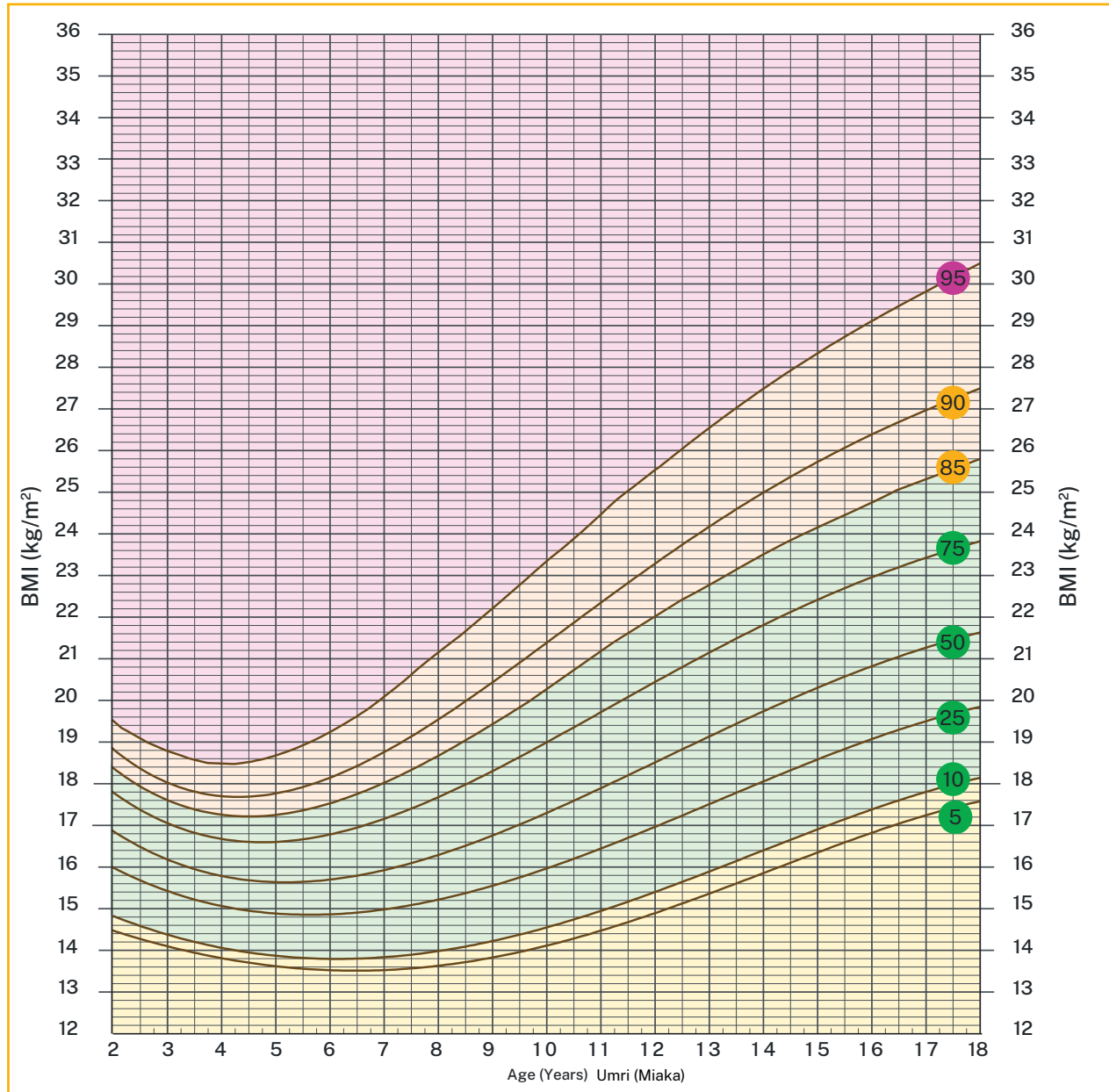
Name: _____
Jina: _____

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

Wasichana: miaka
2 hadi 18

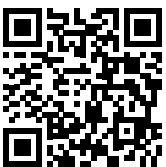


Chini ya uzito wa
afya bora
< 5 asilimia

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.healthyliving.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