



# BMI-for-age:

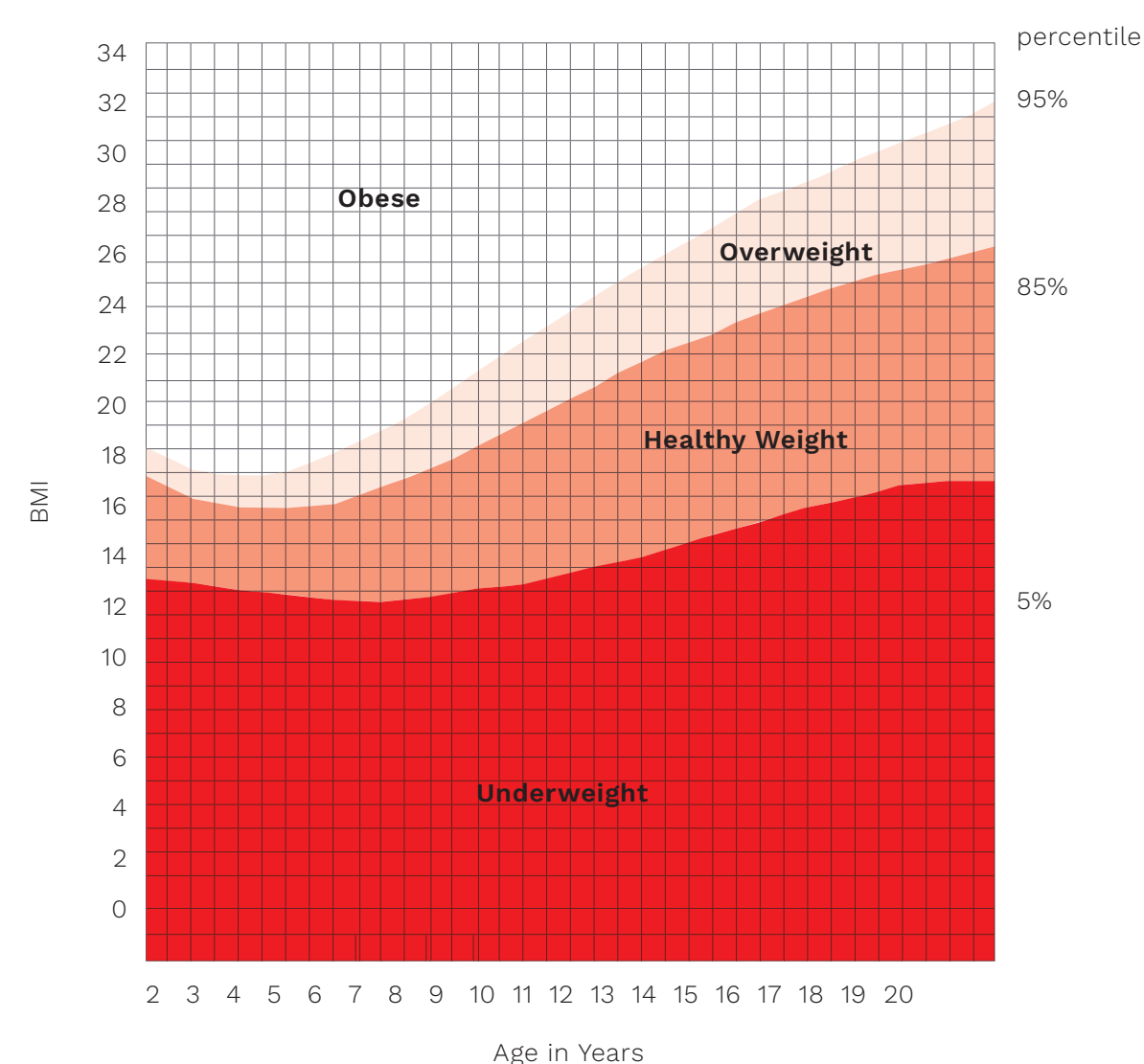
Assessing children & teens height/weight

**Body Mass Index (BMI\*) table**

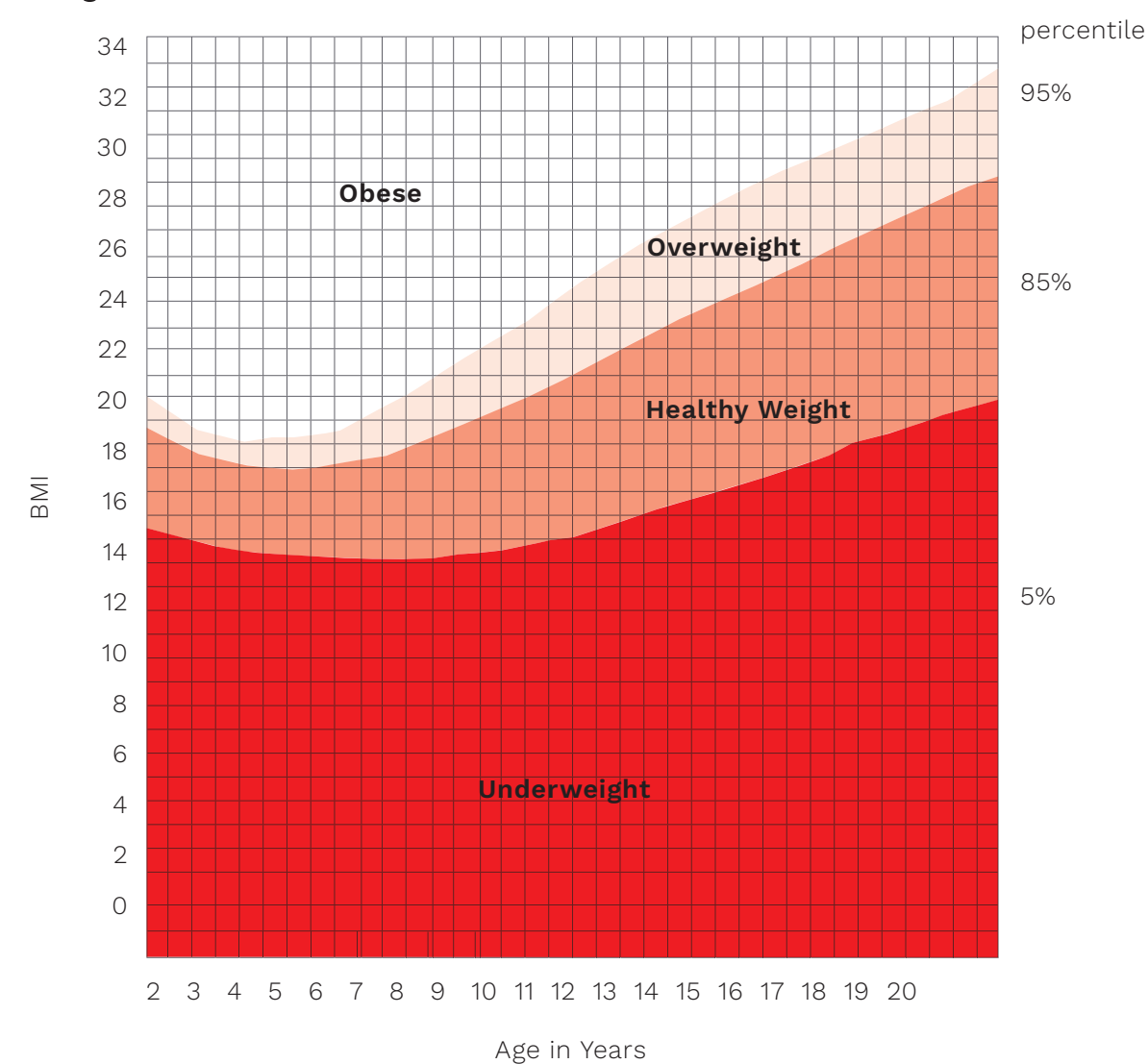
	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34
<b>Height</b>	<b>Weight (in pounds)</b>																					
3' (36")	23	25	27	29	31	33	35	36	38	40	42	44	46	47	49	51	53	55	57	58	60	62
3'1" (37")	25	27	29	31	33	35	37	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66
3'2" (38")	26	28	30	32	34	36	39	41	43	45	47	49	51	53	55	57	59	61	63	65	67	69
3'3" (39")	28	30	32	34	36	38	41	43	45	47	49	51	54	56	58	60	62	64	67	69	71	73
3'4" (40")	29	31	34	36	38	40	43	45	47	50	52	54	56	59	61	63	66	68	70	72	75	77
3'5" (41")	31	33	35	38	40	43	45	47	50	52	54	57	59	62	64	66	69	71	74	76	78	81
3'6" (42")	32	35	37	40	42	45	47	50	52	55	57	60	62	65	67	70	72	75	77	80	82	85
3'7" (43")	34	36	39	42	44	47	49	52	55	57	60	63	65	68	71	73	76	78	81	84	86	89
3'8" (44")	35	38	41	44	46	49	52	55	57	60	63	66	68	71	74	77	79	82	85	88	90	93
3'9" (45")	37	40	43	46	48	51	54	57	60	63	66	69	72	74	77	80	83	86	89	92	95	97
3'10" (46")	39	42	45	48	51	54	57	60	63	66	69	72	75	78	81	84	87	90	93	96	99	102
3'11" (47")	40	43	47	50	53	56	59	62	65	69	72	75	78	81	84	87	91	94	97	100	103	106
4' (48")	42	45	49	52	55	58	62	65	68	72	75	78	81	85	88	91	95	98	101	104	108	111
4'1" (49")	44	47	51	54	58	62	65	68	72	75	78	81	85	88	92	95	99	102	105	109	112	116
4'2" (50")	46	49	53	56	60	64	67	71	74	78	81	85	88	92	96	99	103	106	110	113	117	120
4'3" (51")	48	51	55	59	62	66	70	73	77	81	85	88	92	96	99	103	107	110	114	118	122	125
4'4" (52")	50	53	57	61	65	69	73	76	80	84	88	92	96	100	103	107	111	115	119	123	126	130
4'5" (53")	51	55	59	63	67	71	75	79	83	87	91	95	99	103	107	111	115	119	123	127	131	135
4'6" (54")	53	58	62	66	70	74	78	82	87	91	95	99	103	107	111	116	120	124	128	132	136	141
4'7" (55")	55	60	64	68	73	77	81	86	90	94	98	103	107	111	116	120	124	129	133	137	141	146
4'8" (56")	57	62	66	71	75	80	84	89	93	98	102	107	111	115	120	124	129	133	138	142	147	151
4'9" (57")	60	64	69	73	78	83	87	92	97	101	106	110	115	120	124	129	134	138	143	147	152	157
4'10" (58")	62	66	71	76	81	86	90	95	100	105	110	114	119	124	129	133	138	143	148	153	157	162
4'11" (59")	64	69	74	79	84	89	94	99	103	108	113	118	123	128	133	138	143	148	153	158	163	168
5' (60")	66	71	76	81	87	92	97	102	107	112	117	122	128	133	138	143	148	153	158	163	168	174
5'1" (61")	68	74	79	84	89	95	100	105	111	116	121	127	132	137	142	148	153	158	164	169	174	179
5'2" (62")	71	76	82	87	92	98	103	109	114	120	125	131	136	142	147	153	158	164	169	174	180	185
5'3" (63")	73	79	84	90	95	101	107	112	118	124	129	135	141	146	152	158	163	169	175	180	186	191
5'4" (64")	75	81	87	93	99	104	110	116	122	128	134	139	145	151	157	163	168	174	180	186	192	198
5'5" (65")	78	84	90	96	102	108	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204
5'6" (66")	80	86	92	99	105	111	117	123	130	136	142	148	154	161	167	173	179	185	192	198	204	210
5'7" (67")	83	89	95	102	108	114	121	127	134	140	146	153	159	166	172	178	185	191	197	204	210	217
5'8" (68")	85	92	98	105	111	118	124	131	138	144	151	157	164	171	177	184	190	197	203	210	217	223
5'9" (69")	88	94	101	108	115	121	128	135	142	148	155	162	169	176	182	189	196	203	209	216	223	230
5'10" (70")	90	97	104	111	118	125	132	139	146	153	160	167	174	181	188	195	202	209	216	223	230	236
5'11" (71")	93	100	107	114	121	129	136	143	150	157	164	172	179	186	193	200	207	215	222	229	236	243
6' (72")	95	103	110	117	125	132	140	147	154	162	169	176	184	191	199	206	213	221	228	235	243	250

**BMI-for-age Growth Charts**

**Girls**



**Boys**



- 1 To use the table, find the appropriate height in the left-hand column labeled Height.
- 2 Move across to your given Weight.
- 3 The red number at the top of the column is the BMI at that height and weight.
- 4 Pounds have been rounded off.
- 5 After BMI is calculated for children and teens, find the BMI on the appropriate BMI-for-age growth chart (for girls or boys) to obtain a percentile ranking.

\* Body Mass Index (BMI) is calculated from a child's weight and height. BMI is a reliable indicator of body fat for most children and teens. For children and adolescents, BMI is age and sex specific and is often referred to as BMI-for-age. A child greater than 60 inches tall can be plotted utilizing an adult BMI table.