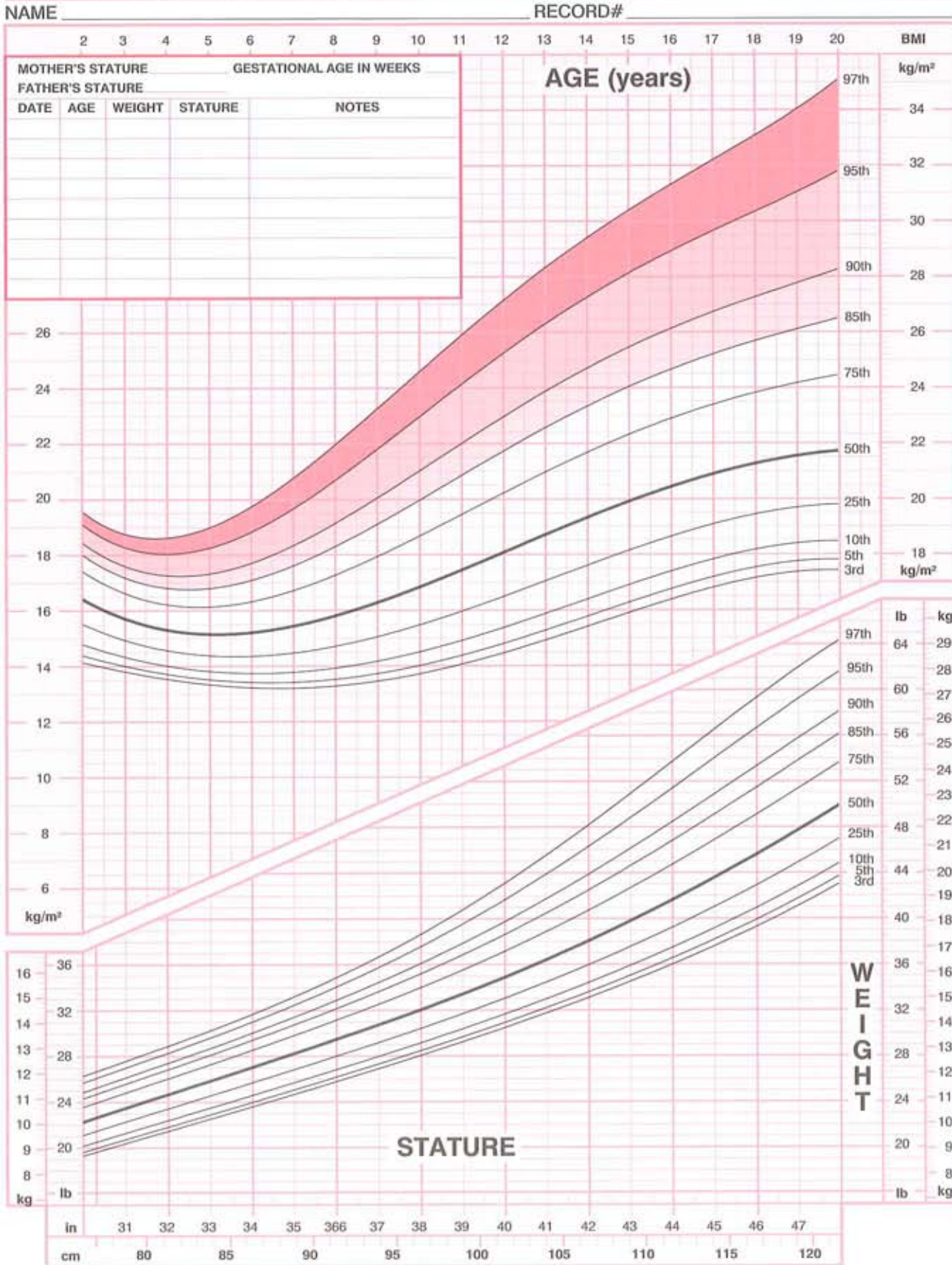


GIRLS: 2 TO 20 YEARS
Body Mass Index and Weight for Stature



To Calculate BMI: $\text{Wt}(\text{kg}) \div \text{Ht}(\text{m}) \div \text{Ht}(\text{m}) = \text{BMI}$ OR $\text{Wt}(\text{kg}) \div \text{Ht}(\text{m}) \div \text{Ht}(\text{m}) = \text{BMI}$
 To Interpret BMI: $\geq 85\% = \text{At Risk for Becoming Overweight}$ $\geq 95\% = \text{Overweight}$



Adapted from charts developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000).

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