

## KINDER-CARDIAC PROJECT

## Body Mass Index (BMI)

Body Mass Index  
Categories:

< 5th Percentile  
**Underweight**

85th-94.9th  
Percentile  
**Overweight**

≥ 95th Percentile  
**Obese**

Body Mass Index is commonly used to assess normal growth in children and adults. BMI for children is both age and gender-specific. Growth charts are used to compare a child's weight and height to other children who are the same age and same gender.

**What does it mean if my child is in the 30th percentile?** Compared to children who are the same age and gender as your child, 30% of them have lower BMIs.

**What should I do if my child falls within the at risk or overweight groups (≥ 85th percentile)?** Talk to your family physician about any concerns you have about these screening results. There are many things families can do with the information about their children's body mass index.