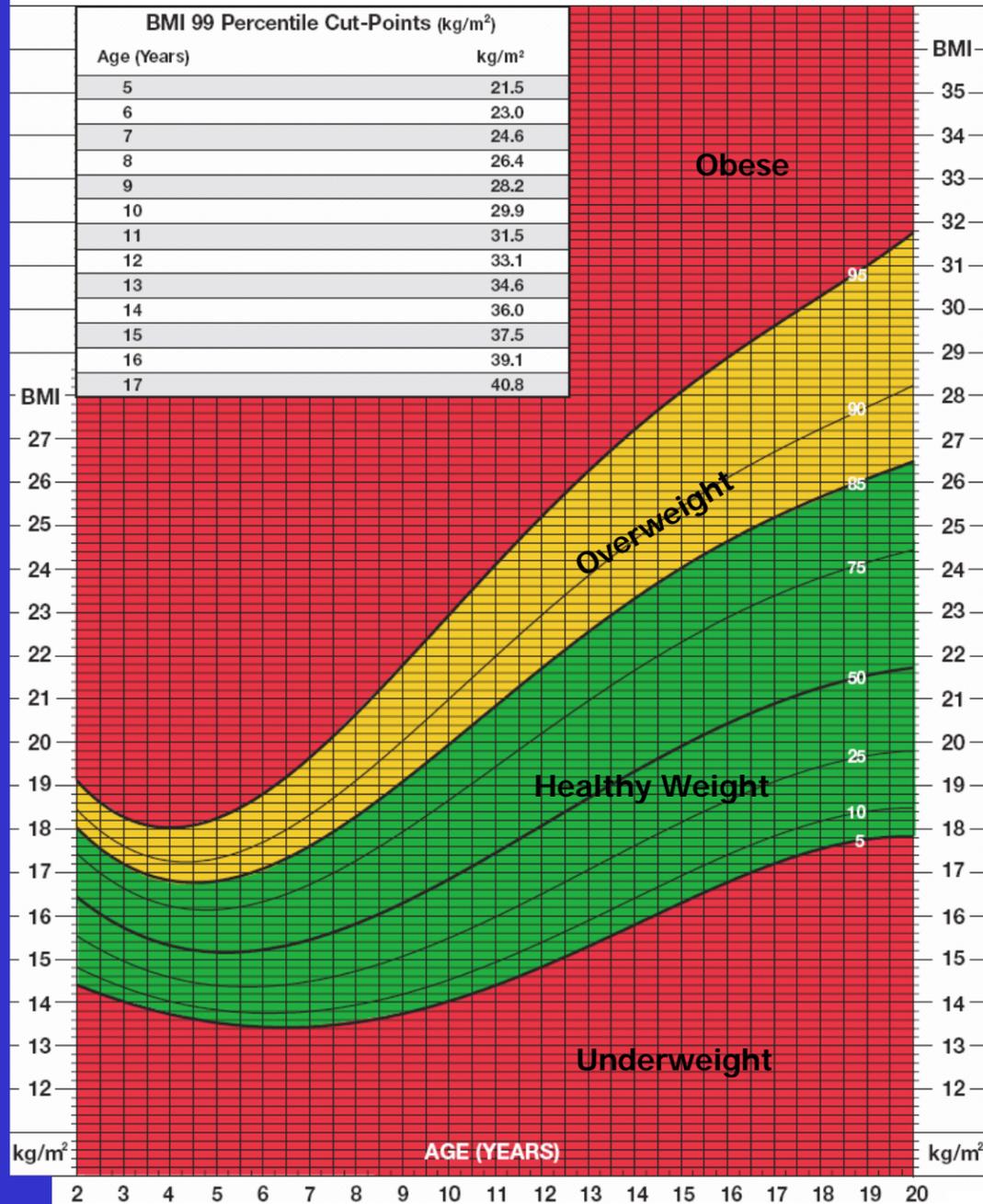


# BMI Assessment in Children

## Girls



### Body Mass Index (BMI) in children is:

- ◆ Determined using height, weight, age, and sex. Girls and boys differ in their body fat and BMI changes as they grow. It is important to look at and track BMI each year.
- ◆ A screening tool. A high BMI does not always mean a child is overweight. For example, a very muscular youth can have a high BMI. Your provider can best determine if your child has a weight problem.
- ◆ Recommended for all children at least once a year by the American Academy of Pediatrics, a national group that sets standards for children's healthcare.

### Body Mass Index (BMI) assessment does not:

- ◆ Use calipers or cause pain
- ◆ Measure fat
- ◆ Compare children or adolescents to each other

### Body Mass Index (BMI) can help tell you:

- ◆ If your child is underweight, at a healthy weight, overweight or obese.
- ◆ If your child is growing and developing in a healthy way.

## Boys

