

Is Your Child a Healthy Weight?

BMI for Children and Teens

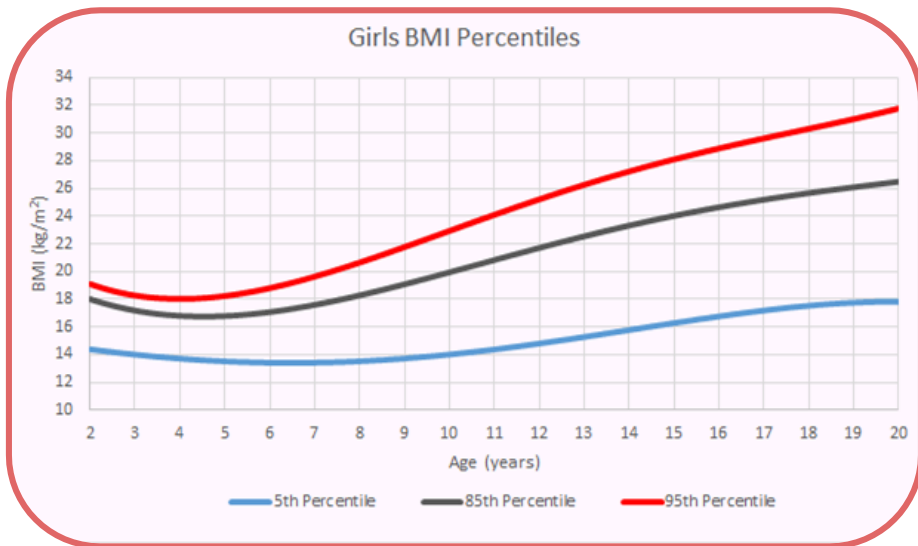
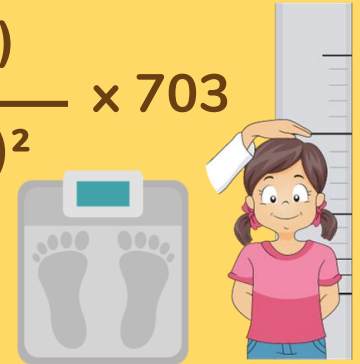
CALCULATION

BMI

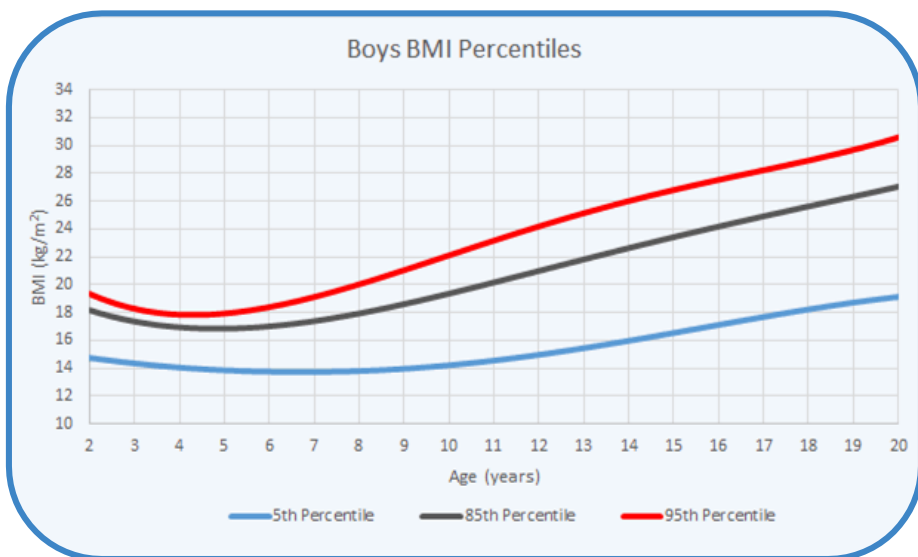
$$= \frac{\text{Weight (kg)}}{\text{Height (m)}^2} = \frac{\text{Weight (lb)}}{\text{Height (in)}^2} \times 703$$



The Body Mass Index (BMI) for children and adults are calculated the same way.



Weight Status	Percentile Range
Underweight	Less than 5th percentile
Healthy Weight	5th - 85th percentile
Overweight	85th - 95th percentile
Obese	95th percentile and greater



Weight Status	Percentile Range
Underweight	Less than 5th percentile
Healthy Weight	5th - 85th percentile
Overweight	85th - 95th percentile
Obese	95th percentile and greater



To learn more about our doctor's group, call Member Relations: (415) 590-7418



aamgdoctors.com

[youtube.com/c/AAMGDoctors](https://www.youtube.com/c/AAMGDoctors)

[facebook.com/DoctorsAAMG](https://www.facebook.com/DoctorsAAMG)

您的孩子是健康體重嗎？

兒童及青少年的身體質量指數 (BMI)

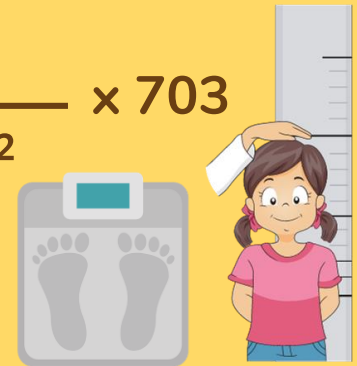
計算方法

BMI

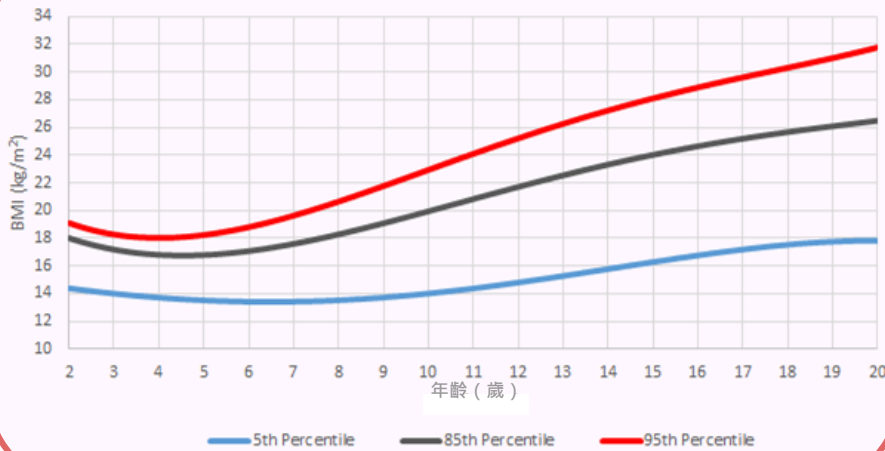
$$= \frac{\text{體重(公斤)}}{\text{身高(米)}^2} = \frac{\text{體重(磅)}}{\text{身高(寸)}^2} \times 703$$



兒童和成人的身體質量指數 (BMI) 的計算方法相同。



女孩百分位生長曲線圖



體重狀況

百分位範圍

過輕

低於第5百分位生長標準曲線

正常體重

第5和第85百分位生長標準曲線之間

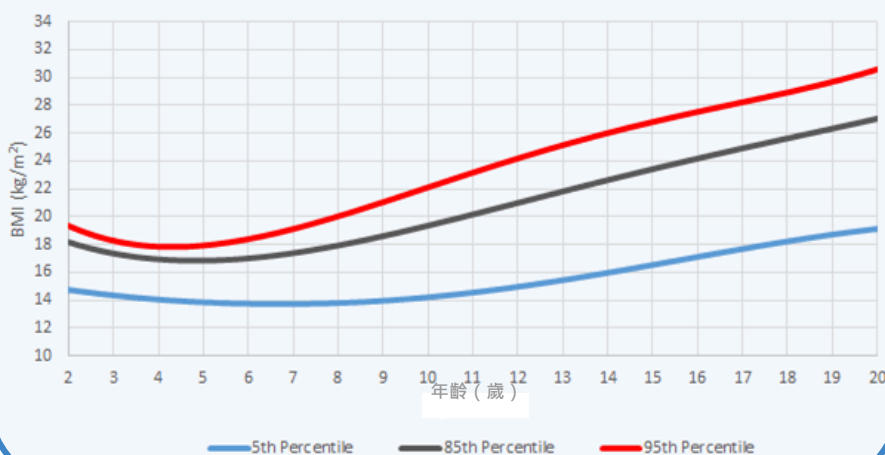
過重

第85和第95百分位生長標準曲線之間

肥胖

高於第95百分位生長標準曲線

男孩百分位生長曲線圖



體重狀況

百分位範圍

過輕

低於第5百分位生長標準曲線

正常體重

第5和第85百分位生長標準曲線之間

過重

第85和第95百分位生長標準曲線之間

肥胖

高於第95百分位生長標準曲線



要了解我們的醫生集團，
請致電會員服務部：(415) 590-7418



aamgdoctors.com



youtube.com/c/AAMGDoctors



facebook.com/DoctorsAAMG