



INTERNATIONAL & NATIONAL STANDARDS & PRACTICE GUIDELINES  
WHO=World Health Organization & its divisions & collaborating partners.  
HHS=Dept of Health & Human Services & its divisions & collaborating partners.  
**Click on Links (Blue Font) to Download**

## **BODY MASS INDEX (BMI)**

### **I. BMI GUIDELINES FOR ADULTS (20 Years & Older)**

1. [BMI GUIDELINES FOR ADULTS](#) (From HSS [CDC])
2. [BMI- IPHONE APPLICATIONS](#) (From HHS):
3. [COLOR BMI CHART FOR ADULTS](#) (Based on CDC criteria):
4. **CALCULATION OF BMI (From CDC):** BMI is calculated the same way for both adults and children. The calculation is based on the following formulas:

Measurement Units	Formula and Calculation
<b>Kilograms and meters (or centimeters)</b>	<p>Formula: <math>\text{weight (kg)} / [\text{height (m)}]^2</math></p> <p>With the metric system, the formula for BMI is weight in kilograms divided by height in meters squared. Since height is commonly measured in centimeters, divide height in centimeters by 100 to obtain height in meters.</p> <p>Example: Weight = 68 kg, Height = 165 cm (1.65 m) Calculation: <math>68 \div (1.65)^2 = 24.98</math></p>
<b>Pounds and inches</b>	<p>Formula: <math>\text{weight (lb)} / [\text{height (in)}]^2 \times 703</math></p> <p>Calculate BMI by dividing weight in pounds (lbs) by height in inches (in) squared and multiplying by a conversion factor of 703.</p> <p>Example: Weight = 150 lbs, Height = 5'5" (65") Calculation: <math>[150 \div (65)^2] \times 703 = 24.96</math></p>

"Although the BMI number is calculated the same way for children and adults, the criteria used to interpret the meaning of the BMI number for children and teens are different from those used for adults.

For children and teens, BMI age- and sex-specific percentiles are used for two reasons: 1. The amount of body fat changes with age. 2. The amount of body fat differs between girls and boys.

The CDC BMI-for-age growth charts take into account these differences and allow translation of a BMI number into a percentile for a child's sex and age.

For adults, on the other hand, BMI is interpreted through categories that do not take into account sex or age."

## II. BMI GUIDELINES FOR CHILDREN (Less than 20 Years)

### 1. [HSS GUIDELINES FOR CHILDREN](#) (From CDC)

### 2. [CDC RECOMMENDATIONS: WHO Growth Standards Are Recommended for Use in the U.S. for Infants and Children 0 to 2 Years of Age:](#)

"The World Health Organization (WHO) released a new international growth standard statistical distribution in 2006, which describes the growth of children ages 0 to 59 months living in environments believed to support what WHO researchers view as optimal growth of children in six countries throughout the world, including the U.S. The distribution shows how infants and young children grow under these conditions, rather than how they do grow in environments that may not support optimal growth.

CDC recommends that health care providers:

--Use the [WHO growth standards](#) to monitor growth for infants and children ages 0 to 2 years of age **in the U.S.**

--Use the [CDC growth charts](#) to monitor growth for children age 2 years and older **in the U.S.**"

3. **CDC CLINICAL GROWTH CHARTS** (Including those adopted from the WHO) can be downloaded free at the above links.

**CDC BMI FOR AGE PERCENTILES 2-20 YEARS include the following:**

3A. [CDC Body mass index-for-age percentiles: Boys, 2 to 20 years](#) (For use in US)

3B. [CDC Body mass index-for-age percentiles: Girls, 2 to 20 years](#) (For use in US)

4. [WHO CHILD GROWTH STANDARDS](#) can be downloaded free at this link.

4A. [WHO BMI-for-age GIRLS Birth to 5 years](#) (z-scores)

4B. [WHO BMI-for-age BOYS Birth to 5 years](#) (z-scores)

4C. [WHO BMI-for-age GIRLS 5 to 19 years](#) (z-scores)

4D. [WHO BMI-for-age BOYS 5 to 19 years](#) (z-scores)