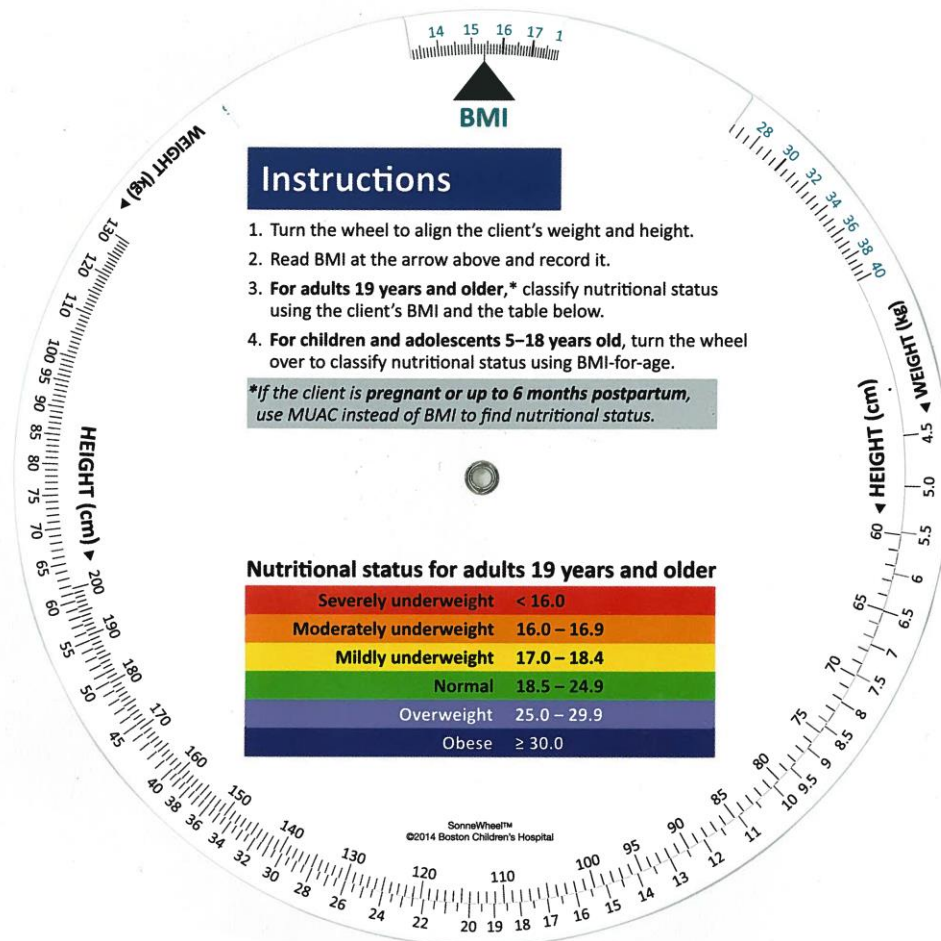


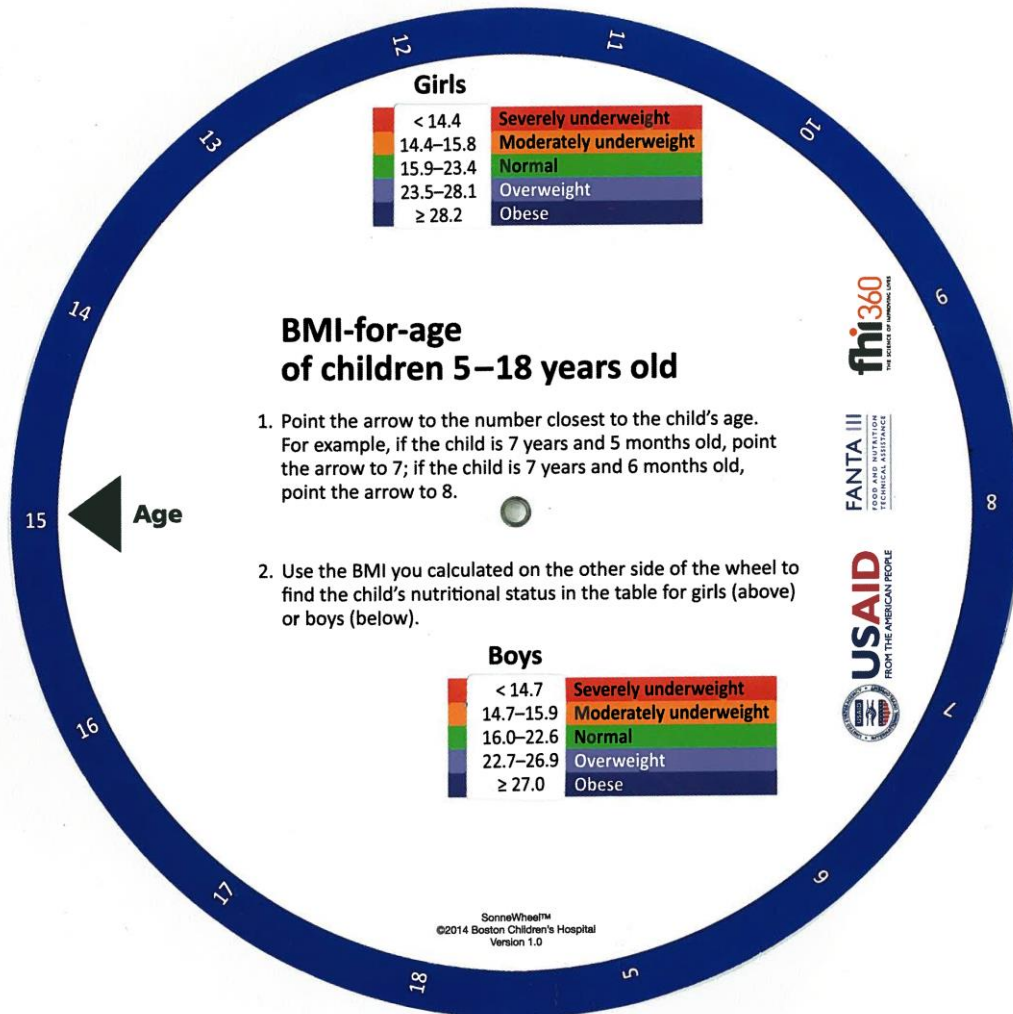
How to Find BMI-for-Age for Children and Adolescents 5–18 Years Using a BMI Wheel

A BMI wheel can be used to find BMI-for-age for children and adolescents.



To find BMI-for-age:

1. Find the child's or adolescent's BMI on the front side of the wheel, using the instructions for finding BMI.



- Flip the wheel over. Turn the inner disc until the arrow labeled “age” points to the age closest to the child’s or adolescent’s age. Round up or down if needed. For example, if a child is 9 years and 5 months old, point the arrow to 9. If the child is 9 years and 6 months old, point the arrow to 10.
- Select the box on the back side of the wheel labeled “Girls” or “Boys,” depending on the sex of the child or adolescent.
- With the wheel still pointing to the child’s or adolescent’s age, find the number range in the box (under “Girls” or “Boys”) that contains the child’s or adolescent’s BMI. Classify nutritional status based on the range in which the BMI falls.