

Girl's BMI Growth Chart

Introduction

The BMI growth charts were developed using the NZ-WHO Growth Standard (2-5 year olds) and the NZ-WHO Growth Reference (5-19 year olds).

Using the Growth Chart

Plot the child's BMI against their age on the appropriate chart. This requires BMI to be calculated. To calculate BMI use;

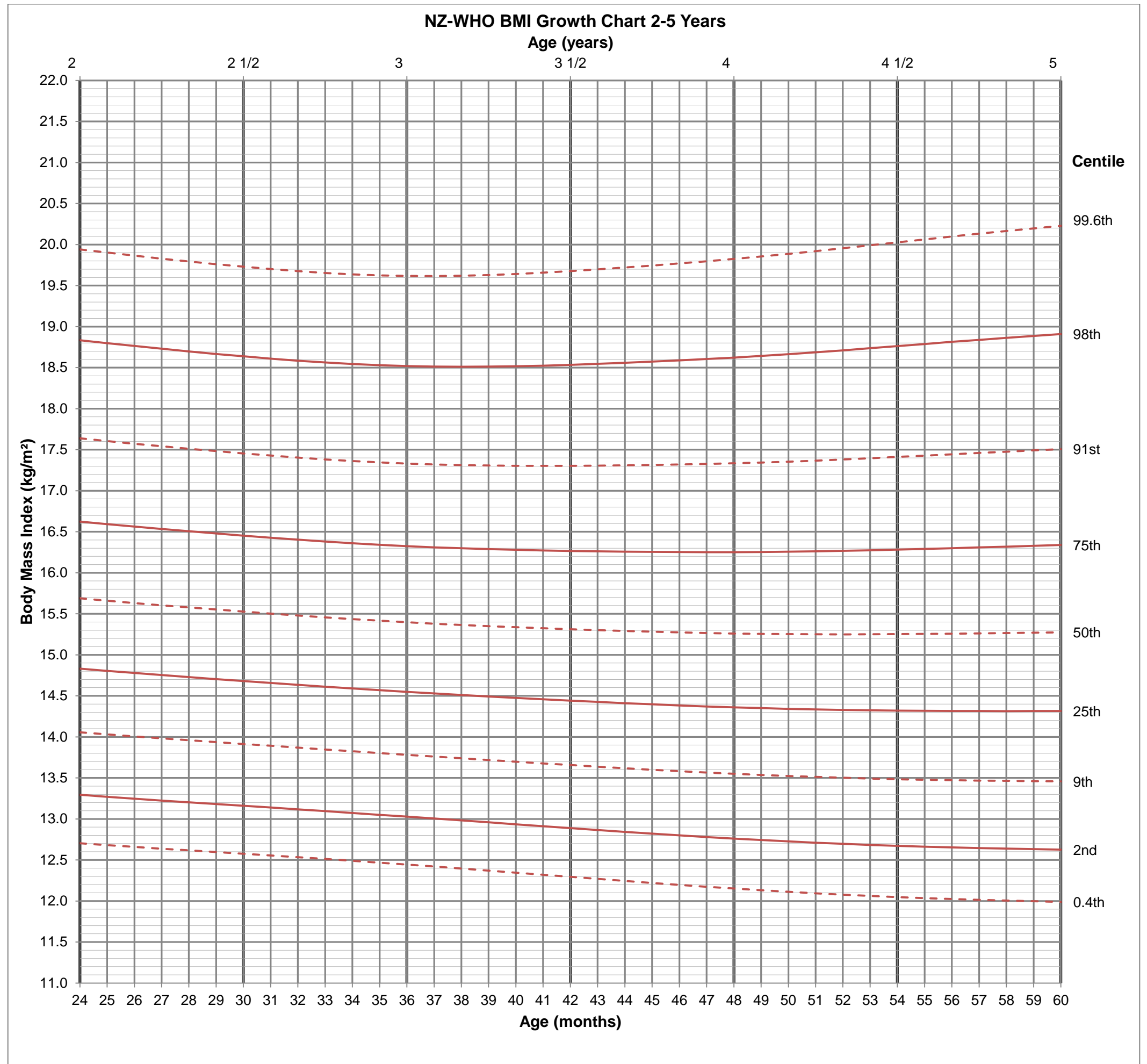
- the self plotting excel version of this chart (<http://www.ttophs.govt.nz/vdb/document/1828>),
- an online BMI calculator (https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi-m.htm),
- or by hand using the following formula:

BMI Calculation

Enter into a calculator as follows (dividing by height twice is correct)

$$\text{BMI} = 10000 \times \text{weight (kg)} \div \text{height (cm)} \div \text{height (cm)}$$

Date	Height (cm)	Weight (kg)	BMI (kg/m ²)



NZ-WHO BMI Growth Chart 5-19 Years

Age (years)

Age (months)

