

BMI QUESTIONS

Look at the BMI centile chart for boys and girls aged 2-20 years, and answer the following questions.

These questions are focused on older children to help you understand how healthy BMI varies with age and sex.

1. If an 8.5 year old girl has a BMI of 23, would she have healthy weight, overweight, very overweight or severe obesity?

Answer: very overweight (clinical obesity)

2. If she maintains a BMI of 23, at what age would she become a healthy weight?

Answer: 13.5 years

3. If a 6 year old girl has a BMI of 19, does she have healthy weight, overweight, very overweight or severe obesity?

Answer: overweight

4. If a 6 year old boy has a BMI of 19, does he have healthy weight, overweight, very overweight or severe obesity?

Answer: very overweight (clinical obesity)