

How can you determine if your child is overweight?

The easiest way to answer this question is to do an "eye-ball" test - by simply looking at your child you may be able to determine if his or her height and weight are out of proportion. If you believe your child is overweight, ask your school nurse or physician to assist in evaluating your concerns.

The Body Mass Index (BMI) is an objective measure to tell if your child is overweight and at risk for health and nutritional disorders. The BMI is not a measure of the percent of body fat, but an expression of relationships of a child's weight to his or her height. Standard charts, based on children's age and gender are used to plot the BMI. This plot allows healthcare providers to get a percentile that indicates whether a child is underweight, normal weight, at risk for overweight or overweight.

UNDERWEIGHT: BMI for age < 5th percentile

NORMAL WEIGHT: BMI for age between 6th and < 85th percentile

AT RISK FOR OVERWEIGHT: BMI for age between 85th percentile to < 95th percentile

OVERWEIGHT: \geq 95TH percentile

Source: NASA. (2003). *Promoting Healthy Weight*. Castle Rock, CO