



Body Mass Index (BMI)-for-Age Percentile

Example: Height, Weight and BMI Percentile Sections on the PM 160

HEIGHT IN INCHES 0 4	WEIGHT LBS OZS	BODY MASS INDEX (BMI) PERCENTILE	BLOOD PRESSURE
HEMOGLOBIN	HEMATOCRIT	%	BIRTH WEIGHT LBS OZS
	.0%		

Record BMI-for-Age Percentile on the Confidential Screening/Billing Report (PM 160) for all children/adolescents 2 years and older.

INSTRUCTIONS for determining and recording BMI-for-age percentile (See example on page 2)

1. **Accurately measure standing height*** in inches to the nearest quarter (1/4) inch.
Record on the PM 160. Fill in all three spaces in the height section. "0" is preprinted in the first (left) space. Enter whole inches in the second and third spaces. "/4" is preprinted in the last (right) space for recording fractions. Convert all fractions of an inch to the nearest one-quarter (1/4) inch as indicated below:

Whole inches = Enter 0/4
1/4 inch = Enter 1/4

1/2 inch = 2/4 = Enter 2/4
3/4 inch = Enter 3/4

2. **Accurately measure weight*** in pounds to the nearest ounce.
Record on the PM 160. Fill in all five spaces in the weight section. Record pounds in the first three spaces and ounces in the next two spaces. Enter a leading zero (0) in the first space for weights less than 100 pounds. Enter number of ounces or zeros when there are no ounces.
3. **Determine BMI value** by using the standard BMI equation identified on CDC/NCHS growth charts or use a pediatric version of a calculating tool: BMI wheel (values calibrated to tenths); CDC BMI chart (values calibrated to tenths); personal digital assistant program or online calculator.
Record the BMI value on the appropriate (boys or girls) CDC/NCHS "BMI-for-age percentiles" growth chart: <http://www.cdc.gov/growthcharts/> to the nearest tenth (0.1) of a decimal point.
4. **Determine BMI-for-age percentile (%ile)** by plotting BMI value on the CDC/NCHS "BMI-for-age percentiles" boys or girls growth chart. **Record BMI percentile on the PM 160** by estimating a whole number between 1 and 99 that best represents the percentile point (intersection of BMI value and age) plotted on the growth chart or the absolute number obtained from a software program or online calculator. Enter a leading zero in the first space for numbers less than 10. For numbers below the 1st percentile, enter "01". For numbers over 99th percentile, enter "99".
5. **Determine weight category** by referring to the guidelines from the 2007 AMA Expert Committee Recommendations on the Assessment, Prevention, and Treatment of Child and Adolescent Overweight and Obesity**

< 5 th %ile	Underweight	85 th - 94 th %ile	Overweight
5 th - 84 th %ile	Healthy Weight	95 th - 98 th %ile	Obese
		≥ 99 th %ile	Obese (<i>severely</i>)

Record the weight category in the "Comments" box on the PM 160 if the child's weight falls outside the healthy range. For example, write "obese" when the BMI is in the 95-98th percentile. Use the 2007 AMA Expert Committee Recommendations as guidance for categories.

* CHDP *Health Assessment Guidelines*, Appendix, Growth Assessment section

** 2007 AMA Expert Committee Recommendations on the Assessment, Prevention and Treatment of Child and Adolescent Overweight and Obesity <http://www.ama-assn.org/ama/pub/category/11759.html> (Click on "New: Recommendations on the Treatment of Pediatric Obesity" in the right hand column of web page for a PDF report).



Body Mass Index (BMI)-for-Age Percentile Reference (For posting)

1. Determine accurate weight and height

Record measurements on the data entry table on the CDC/NCHS growth chart and PM 160



Calibrated Scale



Stadiometer

2. Determine BMI value

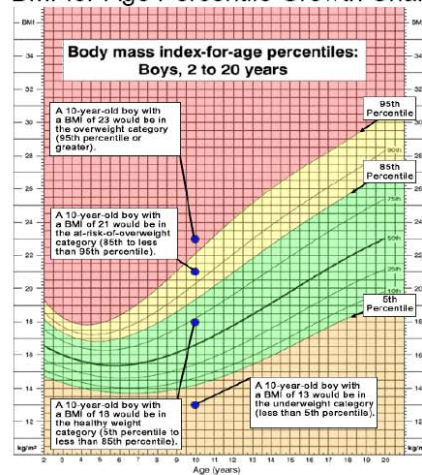
Record on data entry table/growth chart

3. Plot BMI value on BMI-for-age percentile growth chart



Line up height and weight
Read value in window

BMI-for-Age Percentile Growth Chart



<http://www.cdc.gov/growthcharts>

4. Record BMI-for-age percentile on the PM 160

Example:

HEIGHT IN INCHES 0 3 9 24	WEIGHT LBS OZS 0 4 1 0 0	BODY MASS INDEX (BMI) PERCENTILE 9 7 %	BLOOD PRESSURE
HEMOGLOBIN	HEMATOCRIT		BIRTH WEIGHT LBS OZS

Age/Sex: 3 year old boy

Height: 39 ½ inches Weight: 41 pounds BMI Value: 18.5 kg/m²

Estimated BMI Percentile (read from growth chart): > 95th %ile (Record best estimate)

or Calculated BMI Percentile (from calculator): 97th %ile (Record 97)

Weight Category: "Obese" (Provider interprets weight category.) Record in "Comments" box.