

## Body Mass Index (BMI)-for-Age Percentile

**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 <b>0/4</b>
$\frac{1}{4}$ inch = Enter <b>1/4</b>

$\frac{1}{2}$ inch = 2/4 = Enter <b>2/4</b>
$\frac{3}{4}$ inch = Enter <b>3/4</b>

- 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 1<sup>st</sup> percentile, enter "01". For numbers over the 99<sup>th</sup> 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 <sup>th</sup> %ile	Underweight
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5 <sup>th</sup> - 84 <sup>th</sup> %ile	Healthy Weight
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85 <sup>th</sup> - 94 <sup>th</sup> %ile	Overweight
95 <sup>th</sup> - 98 <sup>th</sup> %ile	Obese
≥ 99 <sup>th</sup> %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 95-98<sup>th</sup> 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. Record date and age on growth chart and PM 160



Calibrated Scale

### 2. Determine accurate weight and height



Stadiometer

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

### 3. Determine BMI value

### 4. Plot BMI value on BMI-for-age percentile

(Record values on the data entry table located on the growth chart)

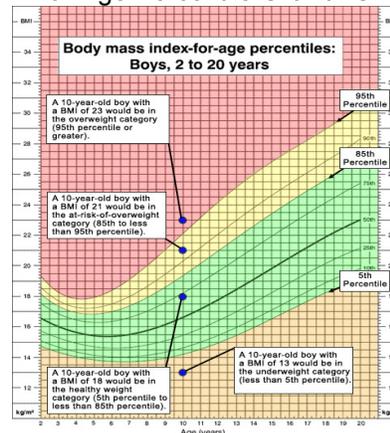
Pediatric BMI Wheel



Line up height and weight  
Read value in window

Determine BMI value using the BMI formula:  
**weight ÷ height ÷ height x 703** if you do not have access to a BMI Wheel.

BMI-for-Age Percentile Growth Chart



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

### 5. Record BMI-for-age percentile on the PM 160

Example:

HEIGHT IN INCHES 0   3   9   2   4	WEIGHT LBS 0   4   1   0   0	BODY MASS INDEX (BMI) PERCENTILE	BLOOD PRESSURE
HEMOGLOBIN	HEMATOCRIT	9   7 %	BIRTH WEIGHT LBS   OZS

Age/Sex: **3 year old boy** Height: **39 ½ inches** Weight: **41 pounds** BMI Value: **18.5 kg/m<sup>2</sup>**

Determine the BMI Percentile (using the growth chart): **> 95th %ile** (Record best estimate)

or Calculate the BMI Percentile (from calculator): **97th %ile** (Record calculation.)

Weight Category: **“Obese”** (Provider interprets weight category.) record in “Comments” box on PM 160.

