

Nursed Notes On Nutrition  
“**BMI**: Overweight, Underweight, Healthy Weight, or Obese”  
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Body weight status can be categorized as: overweight, underweight, healthy weight or obese. The body mass index or **BMI** is a useful tool used to identify one of the four status. BMI is a measure of weight in kilograms (kg) relative to height in meters (m) squared. An ideal body weight or a healthy weight is determined by many factors, so you **cannot use one tool only** to determine what is healthy for you or your child. BMI can only be used as a guide. A child with a large muscle mass may be overweight but has very little fat. They do not need to lose weight. BMI does not directly measure body fat. Overweight means that you or your child has a BMI that is above the 85<sup>th</sup> through the 95<sup>th</sup> percentile for his or her age. Over the 95<sup>th</sup> percentile is obese. Underweight means that your child has a BMI for his age that is lower than the 5<sup>th</sup> percentile. BMI is plotted on growth charts using percentiles among children of the same age and sex. Stay tuned for more on weight in your next newsletter. Happy healthy eating! For more info. and to calculate your child’s BMI visit: <http://apps.nccd.cdc.gov/dnpabmi/> or [www.keepkidshealthy.com](http://www.keepkidshealthy.com).  
(source: Dietary Guidelines for Americans 2010, or [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov))