



What is **BMI** and why is it important?

BMI (*Body Mass Index*) is a number calculated by your child's healthcare provider using your child's height and weight. **BMI** is a good tool to watch your child's growth over time because it looks at their height and weight in relation to each other.

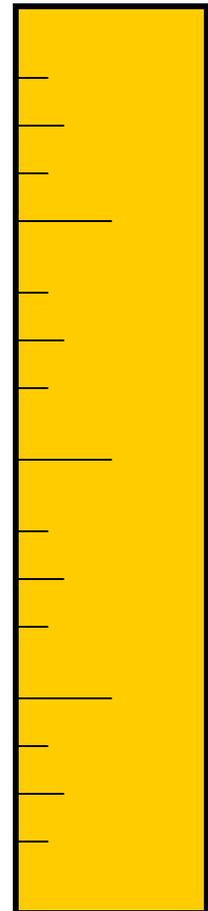
BMI for children:

- can help identify a child age 2 and over as underweight, a healthy weight, at risk of overweight or overweight.
- is a good indicator of whether a child has too much, too little, or the right amount of body fat. Children with too much body fat have higher risks of health problems.
- is better than just looking at a child's weight or at their growth chart.

Since the amount of body fat changes with age, and is different for girls than for boys, a child's BMI is put on a special growth chart to compare them to other girls or boys their age.

This information can help guide your child towards a healthy weight and a healthy life.

A healthy weight reduces the risk of developing high blood pressure, high cholesterol, or type 2 diabetes in children, youth and adults.



It is important to talk to your health care provider about your child's BMI!

