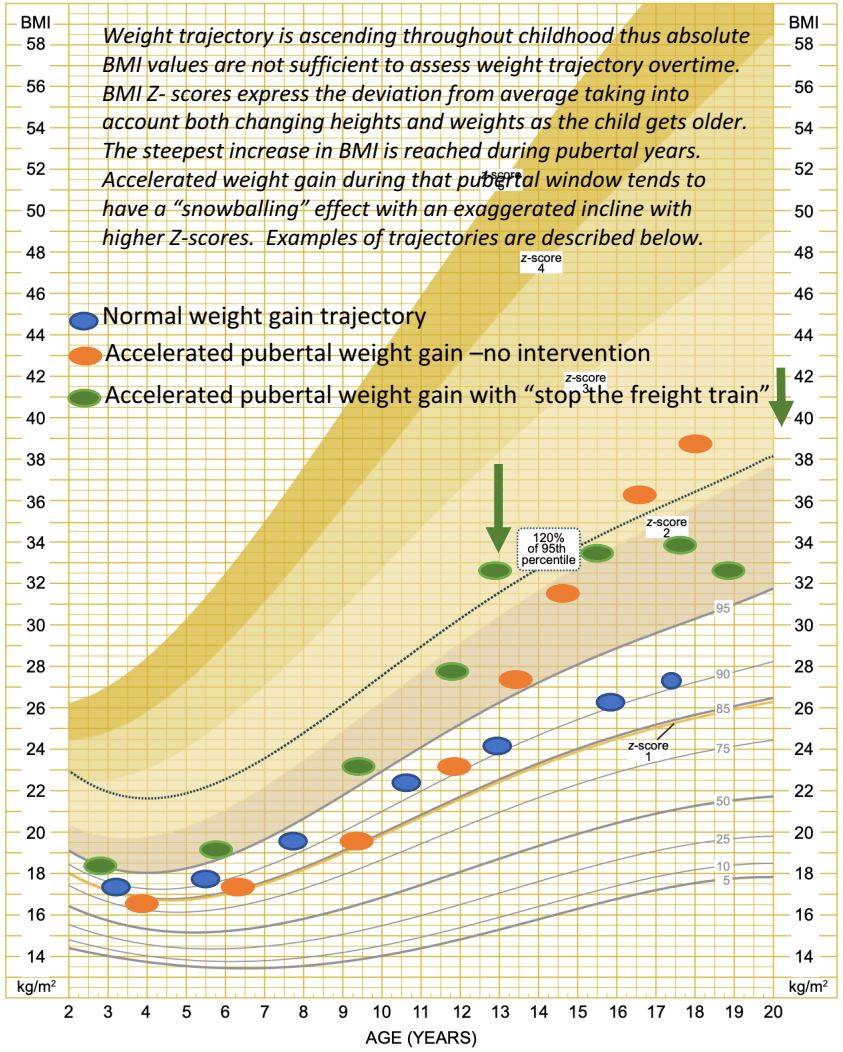
Girls: Ages 2–20 years

Body mass index-for-age percentiles

NAME _____

RECORD # _____



Weight trajectory is ascending throughout childhood thus absolute BMI values are not sufficient to assess weight trajectory overtime. BMI Z- scores express the deviation from average taking into account both changing heights and weights as the child gets older. The steepest increase in BMI is reached during pubertal years. Accelerated weight gain during that pubertal window tends to have a "snowballing" effect with an exaggerated incline with higher Z-scores. Examples of trajectories are described below.

December 15, 2022