

Appendix 4: Child BMI Cut-offs, by Age

Table A4.1: International Obesity Taskforce BMI cut-offs for overweight and obesity in children and adolescents

Age	Thinness		Overweight		Obese	
	Males	Females	Males	Females	Males	Females
2	15.14	14.83	18.41	18.02	20.09	19.81
2.5	14.92	14.63	18.13	17.76	19.80	19.55
3	14.74	14.47	17.89	17.56	19.57	19.36
3.5	14.57	14.32	17.69	17.40	19.39	19.23
4	14.43	14.19	17.55	17.28	19.29	19.15
4.5	14.31	14.06	17.47	17.19	19.26	19.12
5	14.21	13.94	17.42	17.15	19.30	19.17
5.5	14.13	13.86	17.45	17.20	19.47	19.34
6	14.07	13.82	17.55	17.34	19.78	19.65
6.5	14.04	13.82	17.71	17.53	20.23	20.08
7	14.04	13.86	17.92	17.75	20.63	20.51
7.5	14.08	13.93	18.16	18.03	21.09	21.01
8	14.15	14.02	18.44	18.35	21.60	21.57
8.5	14.24	14.14	18.76	18.69	22.17	22.18
9	14.35	14.28	19.10	19.07	22.77	22.81
9.5	14.49	14.43	19.46	19.45	23.39	23.46
10	14.64	14.61	19.84	19.86	24.00	24.11
10.5	14.80	14.81	20.20	20.29	24.57	24.77
11	14.97	15.05	20.55	20.74	25.10	25.42
11.5	15.16	15.32	20.89	21.20	25.58	26.05
12	15.35	15.62	21.22	21.68	26.02	26.67
12.5	15.58	15.93	21.56	22.14	26.43	27.24
13	15.84	16.26	21.91	22.58	26.84	27.76
13.5	16.12	16.57	22.27	22.98	27.25	28.20
14	16.41	16.88	22.62	23.34	27.63	28.57
14.5	16.69	17.18	22.96	23.66	27.98	28.87
15	16.98	17.45	23.29	23.94	28.30	29.11
15.5	17.26	17.69	23.60	24.17	28.60	29.29
16	17.54	17.91	23.90	24.37	28.88	29.43
16.5	17.80	18.09	24.19	24.54	29.14	29.56
17	18.05	18.25	24.46	24.70	29.41	29.69
17.5	18.28	18.38	24.73	24.85	29.70	29.84
18	18.50	18.50	25.00	25.00	30.00	30.00