PARENTS, KNOW YOUR KIDS' NUMBERS!

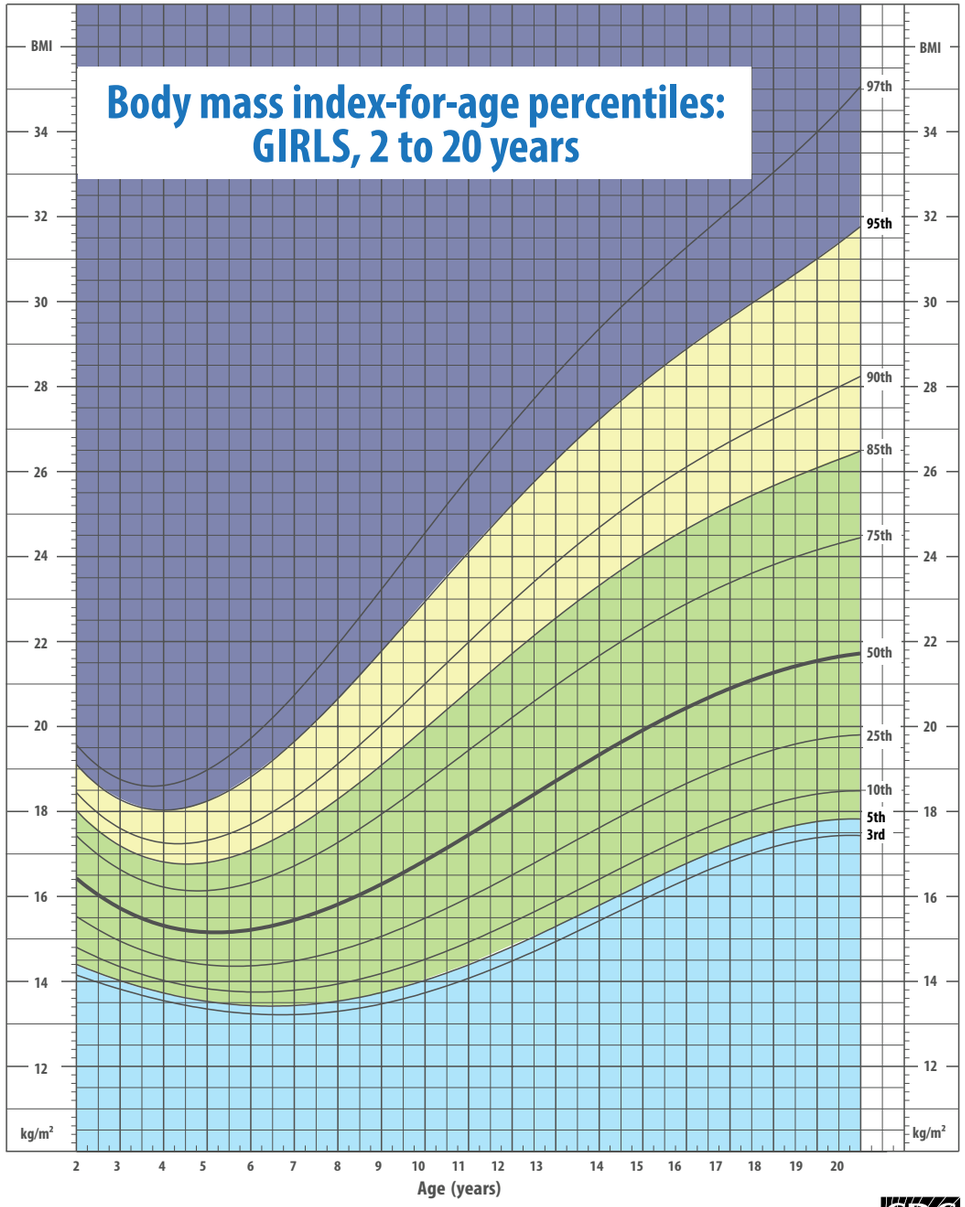
BWELL Saginaw

Being overweight or underweight can put children at risk for weight-related diseases and other health issues. Body Mass Index (BMI) is an easy way to tell if your kids are within a healthy goal range or if they need to lose or gain weight for better health. Our goal is to help you improve your whole family's numbers and take charge of achieving better health and well-being.

Start by knowing each child's height and weight.
See charts on the following page for percentile ranges.
Here's an easy BMI calculator:
www.cdc.gov/bmi/child-teen-calculator/index.html

Weight Status	Percentile Range	Outside of Green Section?	How to Reach Goal	Other Important Health Habits
Underweight	Less than **5th** percentile for height/ weight on growth charts for their age and gender	☐ Yes ☐ No	If yes, ↑ Food intake ↑ Fruits & veggies to 5-6 servings ↑ Lean meats ↑ Whole grains	No more than 2 hours of screen time daily (includes video games, pads, computers, television, phones) 60 minutes of exercise daily
Healthy Weight	**5th – 85th** percentile for height/ weight on growth charts for their age and gender	☐ Yes ☐ No	If no, **stay the course**, keep eating 5-6 servings of fruits and veggies. Exercise regularly.	No more than 2 hours of screen time daily (includes video games, pads, computers, television, phones) 60 minutes of exercise daily
Overweight	**> 85th** percentile for height/weight on growth charts for their age and gender	☐ Yes ☐ No	If yes, ↓ Sweets and candy ↓ Pop and sugary drinks, including juice ↓ Chips and other junk snacks ↑ Fruits & veggies ↑ Lean meats ↑ Whole grains	No more than 2 hours of screen time daily (includes video games, pads, computers, television, phones) 60 minutes of exercise daily

Body mass index-for-age percentiles: GIRLS, 2 to 20 years

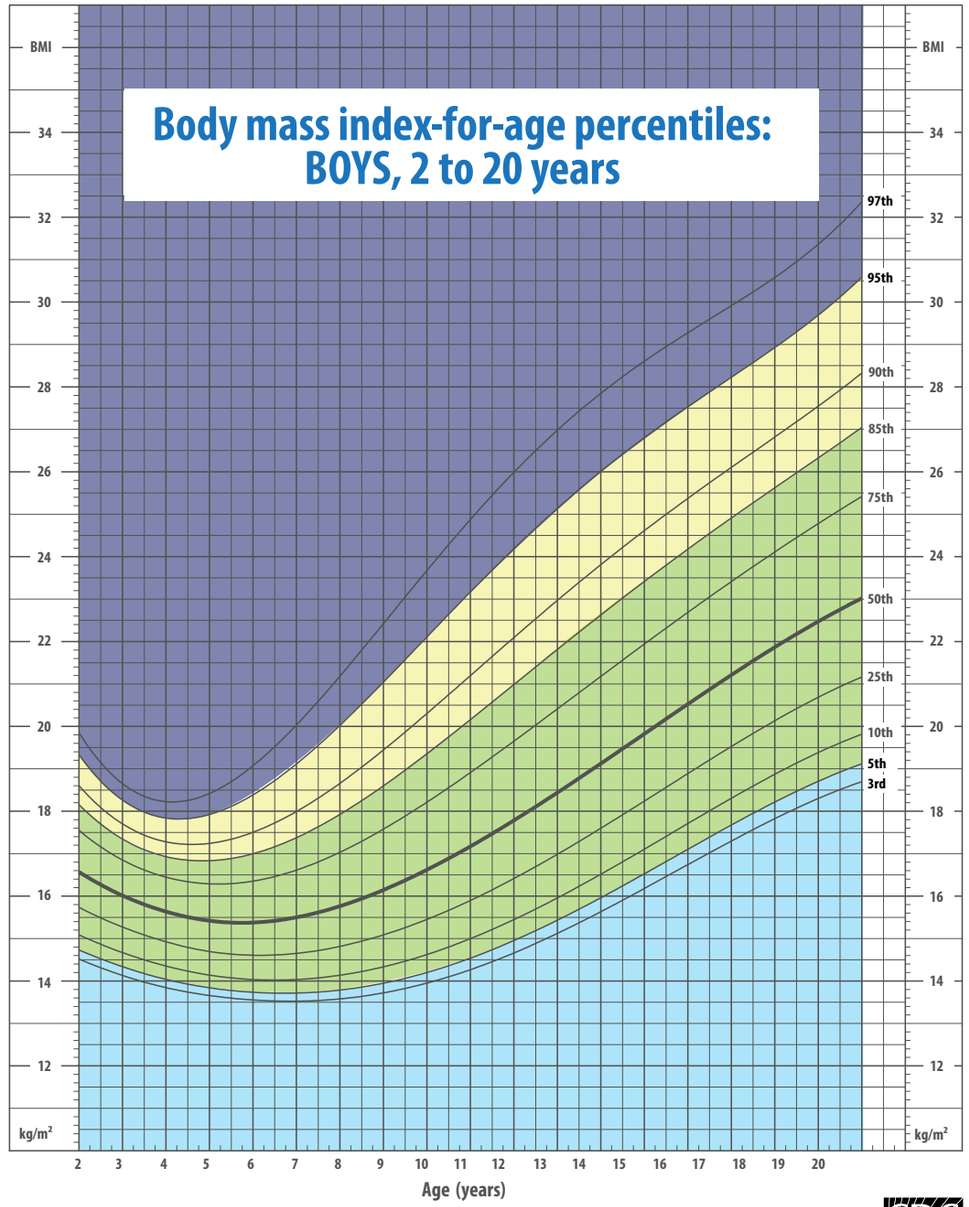


Published May 30, 2000.
SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000).

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CDC Growth Charts: United States

Body mass index-for-age percentiles: BOYS, 2 to 20 years



Published May 30, 2000.
SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000).

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