Screening Reference Guide - Body Mass Index (Pediatric, Adolescent and Adult)

Maintaining a healthy weight may reduce the risk of chronic diseases associated with overweight and obesity. An adult who has a BMI of:

• 18.4 or less is considered underweight

• 18.5 to <25 is considered normal weight

• 25 to <30 is considered overweight

• 30 to <35 is considered obese

• 35 or greater is considered morbidly obese

referral required

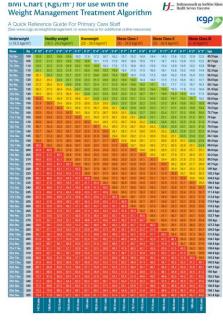
referral required referral required referral required

Overweight and obesity are both labels for ranges of weight that are greater than what is generally considered healthy for a given height. The terms also identify ranges of weight that have been shown to increase the likelihood of certain diseases and other health problems. For adults, overweight and obesity ranges are determined by using weight and height to calculate a number called the "body mass index" BMI. BMI is used because, for most people, it correlates with their amount of body fat.

Individual risk factors including any of the following may predispose people with intellectual disability to increased body mass index, with concurrent increase risk of some chronic disease including diabetes, heart disease, and some cancers risk. For some, medical and/or lifestyle intervention may

help the individual obtain a healthier body weight.

- Excess consumption of empty calorie foods and beverages
- Inadequate physical activity
- Use of some medications that are associated with insulin resistance, increased body fat or impaired appetite.
- Dental disease impeding ability to chew without pain.



Percentile Range

5th percentile to less than the 85th

Equal to or greater than the 95th

Referral Required

Referral Required

Referral Required

Less than the 5th percentile

85th to less than the 95th

percentile

percentile

percentile

Pediatric BMI Weight

Status Category

Underweight

Healthy weight

Overweight

Obese