

Pediatric, Adolescent and Adult Body Mass Index - Summary Reference Chart

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 **referral required**
- 18.5 to <25 is considered normal weight
- 25 to <30 is considered overweight **referral required**
- 30 to <35 is considered obese **referral required**
- 35 or greater is considered morbidly obese **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.

BMI Chart (kg/m²) for use with the Weight Management Treatment Algorithm

A Quick Reference Guide For Primary Care Staff
(See www.icgp.org/weightmanagement or www.healthierforadditionalresources)

ICGP - Indiana Commission on Growth Promotion and Health Services Excellence

Pediatric BMI Weight Status Category	Percentile Range
Underweight	Less than the 5th percentile Referral Required
Healthy weight	5th percentile to less than the 85th percentile
Overweight	85th to less than the 95th percentile Referral Required
Obese	Equal to or greater than the 95th percentile Referral Required