



Participant Anthropometry Results

Date: _____

This fact sheet provides your results from today's visit and information about what these measures might mean for your health. These results are not to be used as diagnostic information or make decisions about your health. If you are concerned with these results, you or your mom should contact your pediatrician.

BODY MEASUREMENTS:		
Height	___ ___ cm	Weight ___ ___ Kg Waist size ___ ___ cm

BODY MASS INDEX:

Body mass index (BMI) is a common tool used by researchers and health care professionals. BMI measures your weight in relation to your height, and it is closely associated with measures of body fat.

You can calculate your BMI using this formula.

$$\text{BMI} = [\text{weight (kg)} \text{ _____} / [\text{height (cm)} \text{ _____}^2] \times 10,000$$

With the metric system, the formula for BMI is weight in kilograms divided by height in meters squared. Since height is commonly measured in centimeters, an alternate calculation formula, dividing the weight in kilograms by the height in centimeters squared, and then multiplying the result by 10,000, can be used.

You can find your BMI by using the chart on the reverse side of this page which tells you how your BMI compares with other girls your age.

WAIST CIRCUMFERENCE:

Waist circumference is sometimes used by researchers and scientists in combination with BMI, height, or by itself as another way to measure a person's risk for certain diseases like diabetes or heart diseases. Right now, health care professionals and researchers are not sure if waist circumference is a good measurement to use with children since it changes frequently while they are growing. You should not use this measure to make any judgments about your health.

Source: National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) Weight-Control Information Network (WIN). "Weight and Waist Measurements: Tools for Adults." NIH Publication No. 04-5283. November 2008. A related fact sheet is also available at <http://www.win.nidk.nih.gov>.

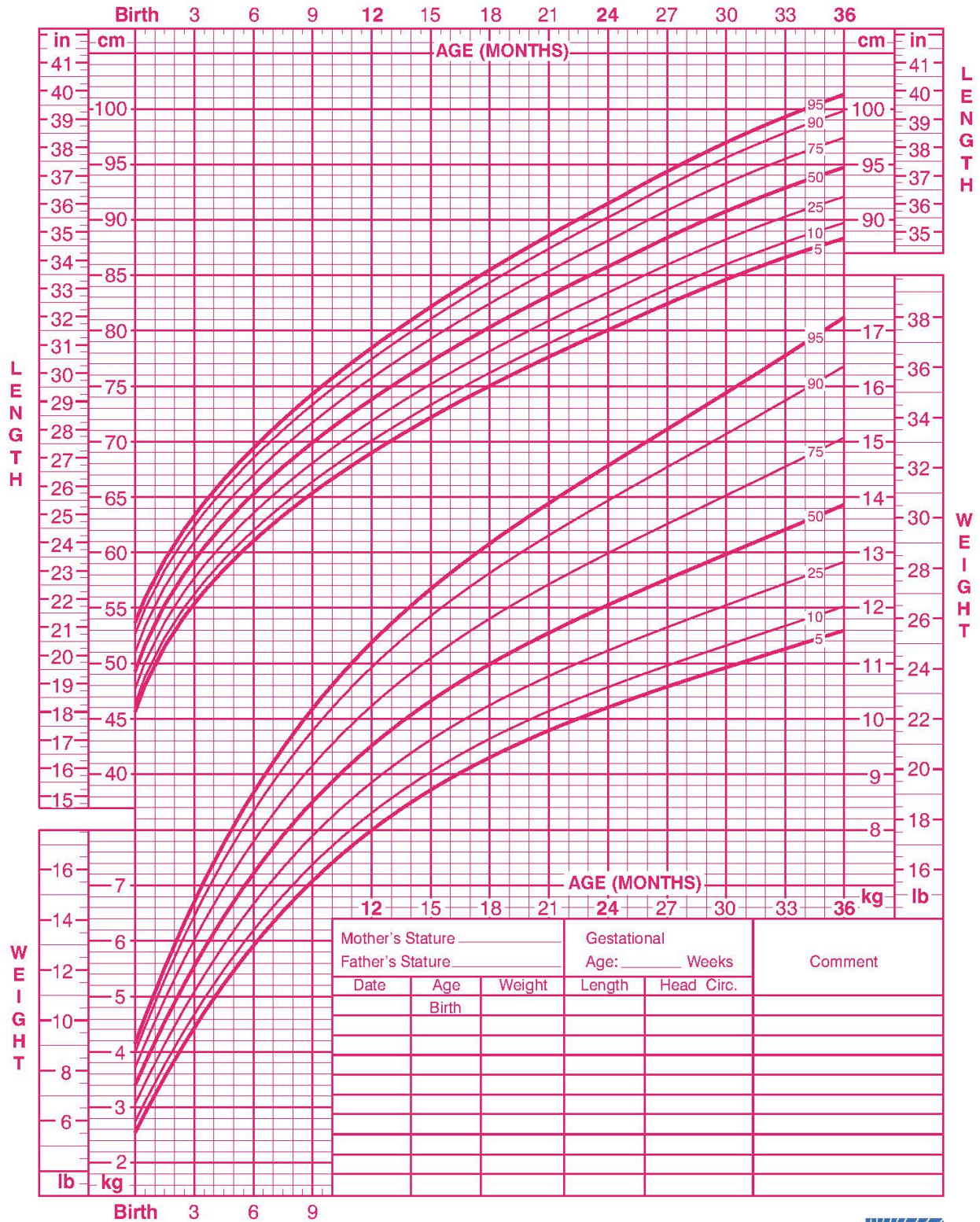
MORE RESOURCES:

Children's Hospital Boston Center for Young Women's Health: <http://www.youngwomenshealth.org/>
KidsHealth for Kids and Teens <http://kidshealth.org/>
National Institutes of Health: Teen Health <http://www.nlm.nih.gov/medlineplus/teenhealth.html>
Centers for Disease Control, Adolescent Health: <http://www.cdc.gov/HealthyYouth/index.htm>
Centers for Disease Control, Young Adult Health: <http://cdc.gov/lifestages/youngAdults.html>

Birth to 36 months: Girls
Length-for-age and Weight-for-age percentiles

NAME _____

RECORD # _____



Published May 30, 2000 (modified 4/20/01).
 SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000).
<http://www.cdc.gov/growthcharts>

