

BMI for Age Weight Status Categories Chart

After BMI is calculated for children and teens, the BMI number is plotted on the CDC BMI-for-age growth charts (for either girls or boys) to obtain a percentile ranking. The percentile indicates the relative position of the child's BMI number among children of the same sex and age.

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

Source: CDC – Centers for Disease Control and Prevention>About BMI for Children and Teens