

Body Mass Index (BMI) for children

Calculating BMI

$$\text{BMI} = \frac{\text{Weight in Kilograms}}{(\text{Height in Metres}) \times (\text{Height in Metres})}$$

To complete the calculation you can use the following formula:

$$\text{Weight (kg)} \div \text{height (cm)} \div \text{height (cm)} \times 10,000 = \text{BMI}$$

Weighing and measuring children accurately

Equipment to be used for weighing and measuring children should be serviced and checked for accuracy.

Remove from the child:

- Shoes
- Any hair ornaments that may impede measurement
- Heavy outer garments – eg coats, jackets, big jumpers
- Any heavy articles in their pockets

To ensure correct weight measurements:

1. After pressing the “on” button, wait until the scales show “0.0”
2. Ask the child to stand:
 - Centred on the scales
 - With their feet evenly apart
3. Ask the child to look straight ahead and stand still
4. Record weight to the nearest 0.1kg

To ensure correct height measurements:

1. Ask the child to stand:
 - Up straight
 - With feet and heels together
 - Heels back against the upright section of the stadiometer
 - Arms relaxed by their side, with palms facing inwards
2. Gently position the head. Hold your hand around the jaw, so that the top of the head and stadiometer form a right angle and the chin is not pointing down towards the chest
3. Ask the child to look straight ahead, eg at a marker on a wall
4. Check that their head is still positioned correctly and their heels are still flat on the floor
Bring the set square down to rest on the child’s head
5. Record height to the nearest 0.1cm.

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