

age in years	Male				Female			
	Underweight	Healthy weight	Overweight	Obese	Underweight	Healthy weight	Overweight	Obese
7.00	13.7	13.8 - 17.3	17.4 - 19	19.1	13.4	13.5 - 17.5	17.6 - 19.5	19.6
7.50	13.7	13.8 - 17.5	17.6 - 19.5	19.6	13.5	13.6 - 17.8	17.9 - 20	20.1
8.00	13.8	13.9 - 17.8	17.9 - 19.9	20.0	13.5	13.6 - 18.2	18.3 - 20.6	20.7
8.50	13.9	14 - 18.2	18.3 - 20.4	20.5	13.6	13.7 - 18.6	18.7 - 21.1	21.2
9.00	14.0	14.1 - 18.5	18.6 - 20.9	21.0	13.7	13.8 - 19	19.1 - 21.7	21.8
9.50	14.1	14.2 - 18.9	19 - 21.5	21.6	13.9	14 - 19.4	19.5 - 22.2	22.3
10.00	14.2	14.3 - 19.3	19.4 - 22	22.1	14.0	14.1 - 19.8	19.9 - 22.8	22.9
10.50	14.4	14.5 - 19.7	19.8 - 22.5	22.6	14.2	14.3 - 20.3	20.4 - 23.4	23.5
11.00	14.5	14.6 - 20.1	20.2 - 23.1	23.2	14.4	14.5 - 20.7	20.8 - 24	24.1
11.50	14.7	14.8 - 20.5	20.6 - 23.6	23.7	14.6	14.7 - 21.2	21.3 - 24.6	24.7
12.00	15.0	15.1 - 20.9	21 - 24.1	24.2	14.8	14.9 - 21.6	21.7 - 25.1	25.2
12.50	15.2	15.3 - 21.3	21.4 - 24.6	24.7	15.0	15.1 - 22	22.1 - 25.6	25.7
13.00	15.4	15.5 - 21.7	21.8 - 25	25.1	15.3	15.4 - 22.4	22.5 - 26.2	26.3

BMI value	Physical status
Less or equal to 5th percentile	Underweight
More than 5th and less than 85th percentile	Healthy weight
More or equal to 85th and less than 95th percentile	Overweight
More or equal to 95th percentile	Obese

**Adapted from CDC Growth Charts
As stated in the NHMRC Clinical Practice Guidelines for the Management and Prevention of Obesity in Children**



RESOURCE ORDER FAX BACK:

Attention: JONATHON NOYES

Go4Fun Program Manager

Fax number - 9977 7531

Email – jonathon.noyes@health.nsw.gov.au

Please send:

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- Go4Fun A4 posters, number of copies _____
- Go4Fun A3 posters, number of copies _____
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Organisation name: _____

Contact name: _____

Address: _____

Phone number: _____

Email: _____