



Nutrition Assessment, Counselling and Support (NACS)

JOB AIDS

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How to Prevent Malnutrition

- 1. Get weighed regularly and keep track of your weight.**

 - If you are overweight, don't eat fatty and sugary foods. Get more exercise.
 - See your health care provider if you lose more than 6 kg in 2 or 3 months.
- 2. Eat a variety of foods and more nutritious foods.**

 - Breastfeed ONLY for your baby's first 6 months of life. Start feeding complementary foods when your baby is 6 months old and continue breastfeeding for 2 years or longer.
 - Try to eat three meals and two snacks a day.
 - Eat foods from each food group to get all the nutrients your body needs.
 - Eat plenty of fruits and vegetables to prevent illness and recover faster.
 - Do not drink sweet, coloured drinks or eat fried foods. They have no nutritional value and damage your teeth.
- 3. Drink plenty of boiled or treated water.**

 - Kill germs by boiling water you use to drink, make juice or take medicine until you see bubbles or adding chlorine.
 - Store drinking water in a covered container with a narrow neck.
- 4. Avoid habits that lead to poor nutrition and poor health.**

 - Use condoms to prevent HIV.
 - Avoid alcohol. It interferes with digestion and keeps medicines from working.
 - Avoid smoking. It can reduce your appetite and cause serious illness.
 - Get plenty of rest when you are pregnant to have a healthy baby.
 - Get enough sleep to improve your appetite and help you recover from sickness.
- 5. Practise good hygiene and sanitation to avoid infection.**

 - Wash your hands with flowing water and soap after using the toilet and before preparing and eating food or giving medicine.
 - Avoid buying food on the street that may not have been cooked or stored safely. It can cause diarrhoea and vomiting, which remove nutrients from your body.
- 6. Exercise as often as you can.**






 - Walk or do chores every day to strengthen muscles, stay fit, improve appetite and manage stress.
- 7. Get infections treated early and manage symptoms through diet.**

 - Go to a health centre immediately if you are sick. Illness can cause malnutrition.
 - Tell your health care provider if you are taking traditional remedies or nutrition supplements. They can affect how other drugs work.
 - Ask your health care provider how to manage symptoms of illness through diet.
- 8. Manage food and drug interactions and side effects through diet.**

 - Take all medicines as your health care provider tells you. If you miss a dose or stop taking a drug, it won't work well, and you may need a stronger one.
 - Ask your health care provider when to take your medicines. Some have to be taken with food and some without to work properly.
 - Ask your health care provider how to change your diet to manage side effects of drugs you are taking.

Bilateral Pitting Oedema (Nutritional Oedema)

- * Oedema is a sign of severe acute malnutrition (SAM) only if it is in both feet or both legs.
1. Press your thumbs on top of both feet. Count to 3 and then lift your thumbs.
 2. If the skin stays depressed on only one foot, the client does not have bilateral pitting oedema.
 3. If the skin stays depressed on **both** feet, the client has **Grade +** (mild) bilateral pitting oedema.
 4. Do the same test on the lower legs, hands and lower arms. If the skin stays depressed in these areas, look for swelling in the face, especially around the eyes. If there is no swelling in the face, then the client has **Grade ++** (moderate) bilateral pitting oedema.
 5. Swelling in the face indicates **Grade +++** (severe) bilateral pitting oedema.
 6. Have a second person repeat the test to confirm results.

0	Grade + (MILD)	Grade ++ (MODERATE)	Grade +++ (SEVERE)
No oedema	In both feet or ankles 	In both feet plus lower legs, hands or lower arms  	Generalized—in both feet, legs, hands, arms and face  

Anaemia Cut-off Points

Group	Haemoglobin level (g/dl)			
	Normal	Mild	Moderate	Severe
Children 6–59 months	≥ 11.0	10.0–10.9	7.0–9.9	< 7.0
Children 5–11 years	≥ 11.5	11.0–11.4	8.0–10.9	< 8.0
Children 12–14 years	≥ 12.0	11.0–11.9	8.0–10.9	< 8.0
Pregnant/lactating women > 15 years	≥ 11.0	10.0–10.9	7.0–9.9	< 7.0
Non-pregnant/lactating women > 15 years	≥ 12.0	11.0–11.9	8.0–10.9	< 8.0
Men > 15 years	≥ 13.0	11.0–12.9	8.0–10.9	< 8.0

≥ indicates greater than or equal to

< indicates less than

Appetite Test for All Clients with Severe Acute Malnutrition (SAM)

1. Ask the client or caregiver to wash hands with soap and running water.
2. Take the client or caregiver to a quiet, private area.
3. Show how to open a packet of RUTF and eat it from the packet or with a spoon.
4. Do not force the client to eat the RUTF. Children may need gentle encouragement, especially if they are sick.
5. Offer plenty of boiled or treated water to drink.
6. The test may take 10–30 minutes.

Minimum amount to eat to pass the appetite test	
Weight (kg)	Packets
Less than 4.0	$\frac{1}{8}$ – $\frac{1}{4}$
4.0–6.9	$\frac{1}{4}$ – $\frac{1}{3}$
7.0–9.9	$\frac{1}{3}$ – $\frac{1}{2}$
10.0–14.9	$\frac{1}{2}$ – $\frac{3}{4}$
15.0–29.0	$\frac{3}{4}$ –1
30.0 or more	More than 1

Criteria for Failure to Respond to Treatment of Severe Acute Malnutrition (SAM)

1. INPATIENT THERAPEUTIC PROGRAMME (ITP)

Primary failure to respond (phase 1)	Time after admission
• Failure to regain appetite	Day 4
• Failure to start to lose oedema	Day 4
• Oedema still present	Day 10
• Failure to gain 3–5 g/kg/day and move to moderate malnutrition (phase 2)	Day 10
Secondary failure to respond	Time after admission
• Failure to gain 3–5 g/kg/day for 3 successive days	During phase 2

2. OUTPATIENT THERAPEUTIC PROGRAMME (OTP)

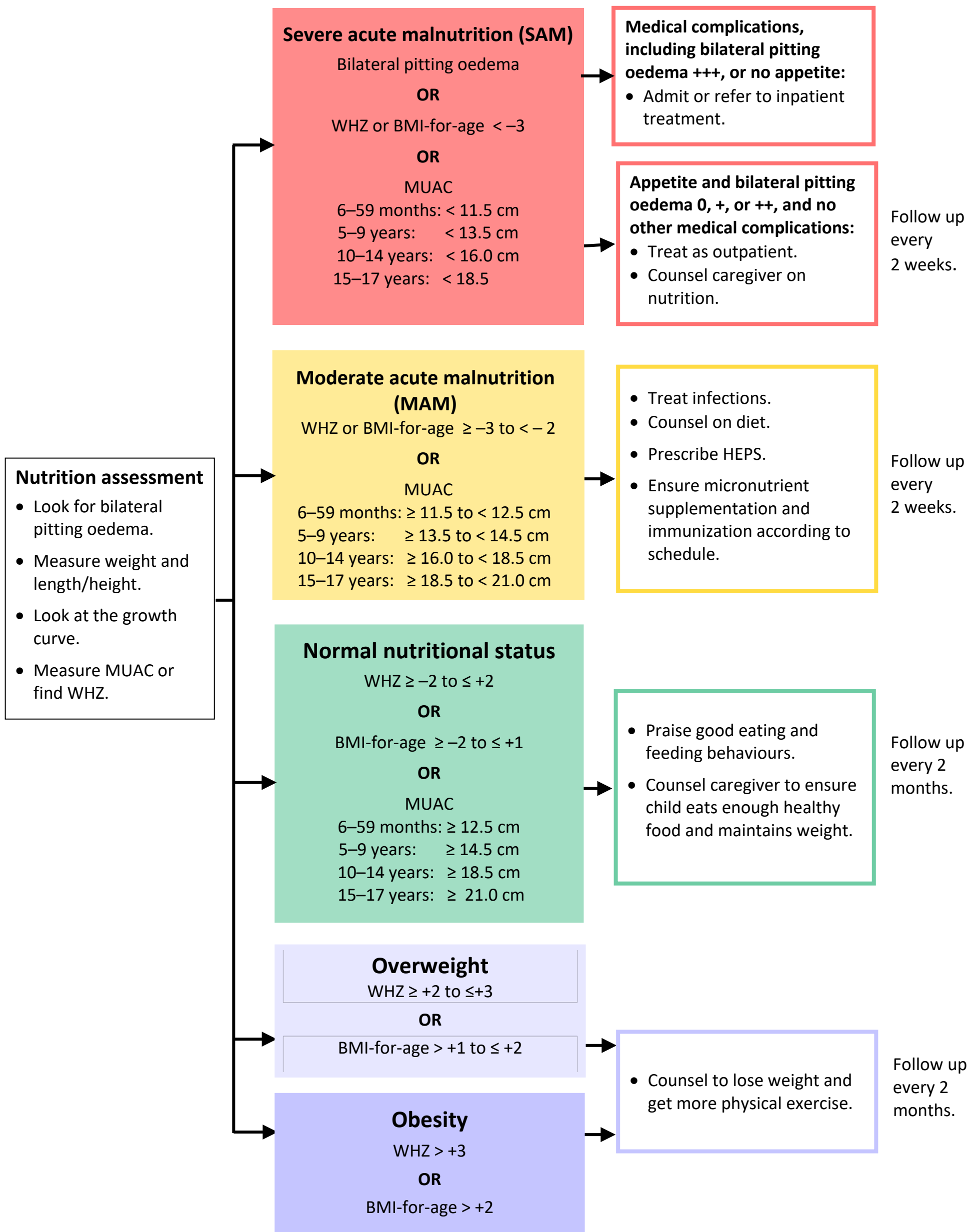
Primary failure to respond (phase 1)	Time after admission
• Failure to gain any weight (patients without oedema)	21 days
• Failure to lose oedema	14 days
• Oedema still present	21 days
• Weight loss since admission (patients without oedema)	14 days
Secondary failure to respond	Time after admission
• Failed appetite test	At any visit
• Loss of 5% of body weight	At any visit
• Weight loss for two consecutive visits	During OTP
• Failure to gain 3–5 g/kg/day for 21 days (after loss of oedema (kwashiorkor) or after day 14 (marasmus/wasting)	During OTP

3. FACTORS THAT AFFECT RESPONSE TO TREATMENT

Service	Issue
	<ul style="list-style-type: none"> • Wrong amount of RUTF prescribed • Food taken by siblings or caretaker • Vitamin and mineral deficiency • Malabsorption • Psychological trauma • Other serious underlying disease (congenital abnormality such as Down's syndrome, neurological damage such as cerebral palsy, errors of metabolism) • Failure to complete the charts correctly • Insufficient staff (particularly at night) • Poorly trained staff • Inaccurate weighing machines • Infection (diarrhoea, dysentery, pneumonia, TB, urinary infection, otitis media, malaria)
Outpatient care	<p>All the issues listed for inpatient care PLUS:</p> <ul style="list-style-type: none"> • Feeding children from same plate as the rest of the family (malnourished children should always have their own portions). • Unwilling or busy caregiver • Inappropriate selection of clients to go directly to OTP • Poorly done appetite test • Inadequate instructions to caregivers • Wrong amount of RUTF given • More than 1 week between OTP distributions

Algorithm for Management of Malnutrition in Children

ASSESSMENT → DIAGNOSIS → ACTION



Weight-for-Length/Height (Children 0–59 Months)

BOYS, 0–23 months, weight-for-length					
Length ↓ (cm)	SAM < 3	MAM ≥ -3 to < -2	Normal ≥ -2 to ≤ +2	Overweight ≥ +2 to ≤ +3	Obesity > 3
	Weight (kg) →				
45	0–1.8	1.9	2.0–3.0	3.1–3.3	3.4 or higher
46	0–1.9	2.0–2.1	2.2–3.1	3.2–3.5	3.6 or higher
47	0–2.0	2.1–2.2	2.3–3.3	3.4–3.7	3.8 or higher
48	0–2.2	2.3–2.4	2.5–3.6	3.7–3.9	3.10 or higher
49	0–2.3	2.4–2.5	2.6–3.8	3.9–4.2	4.3 or higher
50	0–2.5	2.6–2.7	2.8–4.0	4.1–4.4	4.5 or higher
51	0–2.6	2.7–2.9	3.0–4.2	4.3–4.7	4.6 or higher
52	0–2.8	2.9–3.1	3.2–4.5	4.6–5.0	5.1 or higher
53	0–3.0	3.1–3.3	3.4–4.8	4.9–5.3	5.4 or higher
54	0–3.2	3.3–3.5	3.6–5.1	5.2–5.6	5.7 or higher
55	0–3.5	3.6–3.7	3.8–5.4	5.5–6.0	6.1 or higher
56	0–3.7	3.8–4.0	4.1–5.8	5.9–6.3	6.2 or higher
57	0–3.9	4.0–4.2	4.3–6.1	6.2–6.7	6.8 or higher
58	0–4.2	4.3–4.5	4.6–6.4	6.5–7.1	7.2 or higher
59	0–4.4	4.5–4.7	4.8–6.8	6.9–7.4	7.5 or higher
60	0–4.6	4.7–5.0	5.1–7.1	7.2–7.8	7.9 or higher
61	0–4.8	4.9–5.2	5.3–7.4	7.5–8.1	8.2 or higher
62	0–5.0	5.1–5.5	5.6–7.7	7.8–8.5	8.6 or higher
63	0–5.2	5.3–5.7	5.8–8.0	8.1–8.8	8.9 or higher
64	0–5.4	5.5–5.9	6.0–8.3	8.4–9.1	9.2 or higher
65	0–5.6	5.7–6.1	6.2–8.6	8.7–9.4	9.5 or higher
66	0–5.8	5.9–6.3	6.4–8.9	9.0–9.7	9.6 or higher
67	0–6.0	6.1–6.5	6.6–9.2	9.3–10.0	10.1 or higher
68	0–6.2	6.3–6.7	6.8–9.4	9.5–10.3	10.4 or higher
69	0–6.4	6.5–6.9	7.0–9.7	9.8–10.6	10.7 or higher
70	0–6.5	6.6–7.1	7.2–10.0	10.1–10.9	10.10 or higher
71	0–6.7	6.8–7.3	7.4–10.2	10.3–11.2	11.3 or higher
72	0–6.9	7.0–7.5	7.6–10.5	10.6–11.5	11.6 or higher
73	0–7.1	7.2–7.6	7.7–10.8	10.9–11.8	11.9 or higher
74	0–7.2	7.3–7.8	7.9–11.0	11.1–12.1	12.2 or higher
75	0–7.4	7.5–8.0	8.1–11.3	11.4–12.3	12.4 or higher
76	0–7.5	7.6–8.2	8.3–11.5	11.6–12.6	12.5 or higher
77	0–7.7	7.8–8.3	8.4–11.7	11.8–12.8	12.9 or higher
78	0–7.8	7.9–8.5	8.6–12.0	12.1–13.1	13.2 or higher
79	0–8.0	8.1–8.6	8.7–12.2	12.3–13.3	13.4 or higher
80	0–8.1	8.2–8.8	8.9–12.4	12.5–13.6	13.7 or higher
81	0–8.3	8.4–9.0	9.1–12.6	12.7–13.8	13.9 or higher
82	0–8.4	8.5–9.1	9.2–12.8	12.9–14.0	14.1 or higher
83	0–8.6	8.7–9.3	9.4–13.1	13.2–14.3	14.4 or higher
84	0–8.8	8.9–9.5	9.6–13.3	13.4–14.6	14.7 or higher
85	0–9.0	9.1–9.7	9.8–13.6	13.7–14.9	14.10 or higher
86	0–9.2	9.3–9.9	10.0–13.9	14.0–15.2	15.3 or higher
87	0–9.4	9.5–10.1	10.2–14.2	14.3–15.5	15.6 or higher
88	0–9.6	9.7–10.4	10.5–14.5	14.6–15.8	15.9 or higher
89	0–9.8	9.9–10.6	10.7–14.7	14.8–16.1	16.2 or higher
90	0–10.0	10.1–10.8	10.9–15.0	15.1–16.4	16.5 or higher
91	0–10.2	10.3–11.0	11.1–15.3	15.4–16.7	16.8 or higher
92	0–10.4	10.5–11.2	11.3–15.6	15.7–17.0	17.1 or higher
93	0–10.6	10.7–11.4	11.5–15.8	15.9–17.3	17.4 or higher
94	0–10.7	10.8–11.6	11.7–16.1	16.2–17.6	17.7 or higher
95	0–10.9	11.0–11.8	11.9–16.4	16.5–17.9	17.10 or higher
96	0–11.1	11.2–12.0	12.1–16.7	16.8–18.2	18.3 or higher
97	0–11.3	11.4–12.2	12.3–17.0	17.1–18.5	18.6 or higher
98	0–11.5	11.6–12.4	12.5–17.3	17.4–18.9	18.10 or higher
99	0–11.7	11.8–12.6	12.7–17.6	17.7–19.2	19.3 or higher
100	0–11.9	12.0–12.8	12.9–18.0	18.1–19.6	19.7 or higher

GIRLS, 0–23 months, weight-for-length					
Length ↓ (cm)	SAM < 3	MAM ≥ -3 to < -2	Normal ≥ -2 to ≤ +2	Overweight ≥ +2 to ≤ +3	Obesity > 3
	Weight (kg) →				
45	0–1.8	1.9–2.0	2.1–2.9	3.0–3.2	3.3 or higher
46	0–1.9	2.0–2.1	2.2–3.1	3.2–3.4	3.5 or higher
47	0–2.1	2.2–2.3	2.4–3.3	3.4–3.6	3.7 or higher
48	0–2.2	2.3–2.4	2.5–3.5	3.6–3.9	4.0 or higher
49	0–2.3	2.4–2.5	2.6–3.7	3.8–4.1	4.2 or higher
50	0–2.5	2.6–2.7	2.8–3.9	4.0–4.4	4.5 or higher
51	0–2.7	2.8–2.9	3.0–4.2	4.3–4.7	4.8 or higher
52	0–2.8	2.9–3.1	3.2–4.5	4.6–5.0	5.1 or higher
53	0–3.0	3.1–3.3	3.4–4.8	4.9–5.3	5.4 or higher
54	0–3.2	3.3–3.5	3.6–5.1	5.2–5.6	5.7 or higher
55	0–3.4	3.5–3.7	3.8–5.4	5.5–6.0	6.1 or higher
56	0–3.6	3.7–3.9	4.0–5.7	5.8–6.3	6.4 or higher
57	0–3.8	3.9–4.2	4.3–6.0	6.1–6.7	6.8 or higher
58	0–4.0	4.1–4.4	4.5–6.4	6.5–7.0	7.1 or higher
59	0–4.2	4.3–4.6	4.7–6.7	6.8–7.4	7.5 or higher
60	0–4.4	4.5–4.8	4.9–7.0	7.1–7.7	7.8 or higher
61	0–4.6	4.7–5.0	5.1–7.3	7.4–8.1	8.2 or higher
62	0–4.8	4.9–5.2	5.3–7.6	7.7–8.4	8.5 or higher
63	0–5.0	5.1–5.4	5.5–7.9	8.0–8.7	8.8 or higher
64	0–5.2	5.3–5.6	5.7–8.2	8.3–9.0	9.1 or higher
65	0–5.4	5.5–5.8	5.9–8.5	8.6–9.4	9.5 or higher
66	0–5.5	5.6–6.0	6.1–8.7	8.8–9.7	9.8 or higher
67	0–5.7	5.8–6.2	6.3–9.0	9.1–9.9	10.0 or higher
68	0–5.9	6.0–6.4	6.5–9.3	9.4–10.2	10.3 or higher
69	0–6.0	6.1–6.6	6.7–9.5	9.6–10.5	10.6 or higher
70	0–6.2	6.3–6.8	6.9–9.8	9.9–10.8	10.9 or higher
71	0–6.4	6.5–6.9	7.0–10.0	10.1–11.0	11.1 or higher
72	0–6.5	6.6–7.1	7.2–10.2	10.3–11.3	11.4 or higher
73	0–6.7	6.8–7.3	7.4–10.5	10.6–11.6	11.7 or higher
74	0–6.8	6.9–7.4	7.5–10.7	10.8–11.8	11.9 or higher
75	0–7.0	7.1–7.6	7.7–10.9	11.0–12.1	12.2 or higher
76	0–7.1	7.2–7.7	7.8–11.1	11.2–12.3	12.4 or higher
77	0–7.3	7.4–7.9	8.0–11.4	11.5–12.5	12.6 or higher
78	0–7.4	7.5–8.1	8.2–11.6	11.7–12.8	12.9 or higher
79	0–7.6	7.7–8.2	8.3–11.8	11.9–13.0	13.1 or higher
80	0–7.7	7.8–8.4	8.5–12.0	12.1–13.3	13.4 or higher
81	0–7.9	8.0–8.6	8.7–12.3	12.4–13.6	13.7 or higher
82	0–8.0	8.1–8.7	8.8–12.5	12.6–13.8	13.9 or higher
83	0–8.2	8.3–8.9	9.0–12.8	12.9–14.1	14.2 or higher
84	0–8.4	8.5–9.1	9.2–13.1	13.2–14.4	14.5 or higher
85	0–8.6	8.7–9.3	9.4–13.4	13.5–14.8	14.9 or higher
86	0–8.8	8.9–9.6	9.7–13.7	13.8–15.1	15.2 or higher
87	0–9.0	9.1–9.8	9.9–14.0	14.1–15.4	15.5 or higher
88	0–9.2	9.3–10.0	10.1–14.3	14.4–15.8	15.9 or higher
89	0–9.4	9.5–10.2	10.3–14.6	14.7–16.1	16.2 or higher
90	0–9.6	9.7–10.4	10.5–14.9	15.0–16.4	16.5 or higher
91	0–9.8	9.9–10.6	10.7–15.2	15.3–16.8	16.9 or higher
92	0–10.0	10.1–10.8	10.9–15.5	15.6–17.1	17.2 or higher
93	0–10.1	10.2–11.0	11.1–15.8	15.9–17.4	17.5 or higher
94	0–10.3	10.4–11.2	11.3–16.1	16.2–17.8	17.9 or higher
95	0–10.5	10.6–11.4	11.5–16.4	16.5–18.1	18.2 or higher
96	0–10.7	10.8–11.6	11.7–16.7	16.8–18.5	18.6 or higher
97	0–10.9	11.0–11.9	12.0–17.0	17.1–18.8	18.9 or higher
98	0–11.1	11.2–12.1	12.2–17.4	17.5–19.2	19.3 or higher
99	0–11.3	11.4–12.3	12.4–17.7	17.8–19.5	19.6 or higher
100	0–11.5	11.6–12.5	12.6–18.0	18.1–19.9	20.0 or higher

BOYS, 24–59 months, weight-for-height

Height ↓ (cm)	SAM < 3	MAM ≥ -3 to < -2	Normal ≥ -2 to ≤ +2	Overweight ≥ +2 to ≤ +3	Obesity > 3
	Weight (kg)				
65	0–5.8	5.9–6.2	6.3–8.7	8.8–9.5	9.6 or higher
66	0–6.0	6.1–6.4	6.5–9.0	9.1–9.8	9.9 or higher
67	0–6.1	6.2–6.6	6.7–9.3	9.4–10.1	10.2 or higher
68	0–6.3	6.4–6.8	6.9–9.5	9.6–10.4	10.5 or higher
69	0–6.5	6.6–7.0	7.1–9.8	9.9–10.7	10.8 or higher
70	0–6.7	6.8–7.2	7.3–10.1	10.2–11.0	11.1 or higher
71	0–6.8	6.9–7.4	7.5–10.3	10.4–11.3	11.4 or higher
72	0–7.0	7.1–7.6	7.7–10.6	10.7–11.6	11.7 or higher
73	0–7.2	7.3–7.8	7.9–10.9	11.0–11.9	12.0 or higher
74	0–7.3	7.4–7.9	8.0–11.1	11.2–12.1	12.2 or higher
75	0–7.5	7.6–8.1	8.2–11.3	11.4–12.4	12.5 or higher
76	0–7.6	7.7–8.3	8.4–11.6	11.7–12.7	12.8 or higher
77	0–7.8	7.9–8.4	8.5–11.8	11.9–12.9	13.0 or higher
78	0–7.9	8.0–8.6	8.7–12.0	12.1–13.2	13.3 or higher
79	0–8.1	8.2–8.7	8.8–12.2	12.3–13.4	13.5 or higher
80	0–8.2	8.3–8.9	9.0–12.5	12.6–13.6	13.7 or higher
81	0–8.4	8.5–9.1	9.2–12.7	12.8–13.9	14.0 or higher
82	0–8.6	8.7–9.2	9.3–12.9	13.0–14.1	14.2 or higher
83	0–8.7	8.8–9.4	9.5–13.2	13.3–14.4	14.5 or higher
84	0–8.9	9.0–9.6	9.7–13.4	13.5–14.7	14.8 or higher
85	0–9.1	9.2–9.9	10.0–13.7	13.8–15.0	15.1 or higher
86	0–9.3	9.4–10.1	10.2–14.0	14.1–15.3	15.4 or higher
87	0–9.5	9.6–10.3	10.4–14.3	14.4–15.6	15.7 or higher
88	0–9.7	9.8–10.5	10.6–14.6	14.7–15.9	16.0 or higher
89	0–9.9	10.0–10.7	10.8–14.8	14.9–16.2	16.3 or higher
90	0–10.1	10.2–10.9	11.0–15.1	15.2–16.5	16.6 or higher
91	0–10.3	10.4–11.1	11.2–15.4	15.5–16.8	16.9 or higher
92	0–10.5	10.6–11.3	11.4–15.7	15.8–17.1	17.2 or higher
93	0–10.7	10.8–11.5	11.6–15.9	16.0–17.4	17.5 or higher
94	0–10.9	11.0–11.7	11.8–16.2	16.3–17.7	17.8 or higher
95	0–11.0	11.1–11.9	12.0–16.5	16.6–18.0	18.1 or higher
96	0–11.2	11.3–12.1	12.2–16.8	16.9–18.3	18.4 or higher
97	0–11.4	11.5–12.3	12.4–17.1	17.2–18.7	18.8 or higher
98	0–11.6	11.7–12.5	12.6–17.4	17.5–19.0	19.1 or higher
99	0–11.8	11.9–12.8	12.9–17.8	17.9–19.4	19.5 or higher
100	0–12.0	12.1–13.0	13.1–18.1	18.2–19.8	19.9 or higher
101	0–12.2	12.3–13.2	13.3–18.4	18.5–20.2	20.3 or higher
102	0–12.4	12.5–13.5	13.6–18.8	18.9–20.6	20.7 or higher
103	0–12.7	12.8–13.7	13.8–19.2	19.3–21.0	21.1 or higher
104	0–12.9	13.0–13.9	14.0–19.6	19.7–21.5	21.6 or higher
105	0–13.1	13.2–14.2	14.3–20.0	20.1–21.9	22.0 or higher
106	0–13.3	13.4–14.4	14.5–20.4	20.5–22.4	22.5 or higher
107	0–13.6	13.7–14.7	14.8–20.8	20.9–22.8	22.9 or higher
108	0–13.8	13.9–15.0	15.1–21.2	21.3–23.3	23.4 or higher
109	0–14.0	14.1–15.2	15.3–21.7	21.8–23.8	23.9 or higher
110	0–14.3	14.4–15.5	15.6–22.1	22.2–24.3	24.4 or higher
111	0–14.5	14.6–15.8	15.9–22.6	22.7–24.9	25.0 or higher
112	0–14.8	14.9–16.1	16.2–23.0	23.1–25.4	25.5 or higher
113	0–15.1	15.2–16.4	16.5–23.5	23.6–25.9	26.0 or higher
114	0–15.3	15.4–16.7	16.8–24.0	24.1–26.5	26.6 or higher
115	0–15.6	15.7–17.0	17.1–24.5	24.6–27.1	27.2 or higher
116	0–15.9	16.0–17.3	17.4–25.0	25.1–27.7	27.8 or higher
117	0–16.1	16.2–17.6	17.7–25.5	25.6–28.2	28.3 or higher
118	0–16.4	16.5–17.9	18.0–26.0	26.1–28.8	28.9 or higher
119	0–16.7	16.8–18.2	18.3–26.5	26.6–29.4	29.5 or higher
120	0–17.0	17.1–18.5	18.6–27.1	27.2–30.0	30.1 or higher

GIRLS, 24–59 months, weight-for-height

Height ↓ (cm)	SAM < 3	MAM ≥ -3 to < -2	Normal ≥ -2 to ≤ +2	Overweight ≥ +2 to ≤ +3	Obesity > 3
	Weight (kg)				
65	0–5.5	5.6–6.0	6.1–8.6	8.7–9.6	9.7 or higher
66	0–5.7	5.8–6.2	6.3–8.9	9.0–9.9	10.0 or higher
67	0–5.8	5.9–6.3	6.4–9.2	9.3–10.1	10.2 or higher
68	0–6.0	6.1–6.5	6.6–9.4	9.5–10.4	10.5 or higher
69	0–6.2	6.3–6.7	6.8–9.7	9.8–10.7	10.8 or higher
70	0–6.3	6.4–6.9	7.0–9.9	10.0–11.0	11.1 or higher
71	0–6.5	6.6–7.0	7.1–10.2	10.3–11.2	11.3 or higher
72	0–6.6	6.7–7.2	7.3–10.4	10.5–11.5	11.6 or higher
73	0–6.8	6.9–7.4	7.5–10.6	10.7–11.7	11.8 or higher
74	0–6.9	7.0–7.5	7.6–10.9	11.0–12.0	12.1 or higher
75	0–7.1	7.2–7.7	7.8–11.1	11.2–12.2	12.3 or higher
76	0–7.2	7.3–7.9	8.0–11.3	11.4–12.5	12.6 or higher
77	0–7.4	7.5–8.0	8.1–11.5	11.6–12.7	12.8 or higher
78	0–7.5	7.6–8.2	8.3–11.7	11.8–13.0	13.1 or higher
79	0–7.7	7.8–8.3	8.4–12.0	12.1–13.2	13.3 or higher
80	0–7.8	7.9–8.5	8.6–12.2	12.3–13.5	13.6 or higher
81	0–8.0	8.1–8.7	8.8–12.5	12.6–13.8	13.9 or higher
82	0–8.2	8.3–8.9	9.0–12.7	12.8–14.0	14.1 or higher
83	0–8.4	8.5–9.1	9.2–13.0	13.1–14.4	14.5 or higher
84	0–8.5	8.6–9.3	9.4–13.3	13.4–14.7	14.8 or higher
85	0–8.7	8.8–9.5	9.6–13.6	13.7–15.0	15.1 or higher
86	0–8.9	9.0–9.7	9.8–13.9	14.0–15.3	15.4 or higher
87	0–9.1	9.2–9.9	10.0–14.2	14.3–15.7	15.8 or higher
88	0–9.3	9.4–10.1	10.2–14.5	14.6–16.0	16.1 or higher
89	0–9.5	9.6–10.3	10.4–14.8	14.9–16.3	16.4 or higher
90	0–9.7	9.8–10.5	10.6–15.1	15.2–16.7	16.8 or higher
91	0–9.9	10.0–10.8	10.9–15.4	15.5–17.0	17.1 or higher
92	0–10.1	10.2–11.0	11.1–15.7	15.8–17.3	17.4 or higher
93	0–10.3	10.4–11.2	11.3–16.0	16.1–17.7	17.8 or higher
94	0–10.5	10.6–11.4	11.5–16.3	16.4–18.0	18.1 or higher
95	0–10.7	10.8–11.6	11.7–16.6	16.7–18.4	18.5 or higher
96	0–10.8	10.9–11.8	11.9–16.9	17.0–18.7	18.8 or higher
97	0–11.0	11.1–12.0	12.1–17.3	17.4–19.1	19.2 or higher
98	0–11.2	11.3–12.2	12.3–17.6	17.7–19.4	19.5 or higher
99	0–11.4	11.5–12.4	12.5–17.9	18.0–19.8	19.9 or higher
100	0–11.6	11.7–12.7	12.8–18.3	18.4–20.2	20.3 or higher
101	0–11.9	12.0–12.9	13.0–18.6	18.7–20.6	20.7 or higher
102	0–12.1	12.2–13.2	13.3–19.0	19.1–21.0	21.1 or higher
103	0–12.3	12.4–13.4	13.5–19.4	19.5–21.5	21.6 or higher
104	0–12.5	12.6–13.7	13.8–19.8	19.9–21.9	22.0 or higher
105	0–12.8	12.9–13.9	14.0–20.2	20.3–22.4	22.5 or higher
106	0–13.0	13.1–14.2	14.3–20.7	20.8–22.9	23.0 or higher
107	0–13.3	13.4–14.5	14.6–21.1	21.2–23.4	23.5 or higher
108	0–13.6	13.7–14.8	14.9–21.6	21.7–23.9	24.0 or higher
109	0–13.8	13.9–15.1	15.2–22.0	22.1–24.4	24.5 or higher
110	0–14.1	14.2–15.4	15.5–22.5	22.6–25.0	25.1 or higher
111	0–14.4	14.5–15.7	15.8–23.0	23.1–25.6	25.7 or higher
112	0–14.7	14.8–16.1	16.2–23.5	23.6–26.1	26.2 or higher
113	0–15.0	15.1–16.4	16.5–24.1	24.2–26.7	26.8 or higher
114	0–15.3	15.4–16.7	16.8–24.6	24.7–27.3	27.4 or higher
115	0–15.6	15.7–17.1	17.2–25.1	25.2–28.0	28.1 or higher
116	0–15.9	16.0–17.4	17.5–25.7	25.8–28.6	28.7 or higher
117	0–16.2	16.3–17.7	17.8–26.2	26.3–29.2	29.3 or higher
118	0–16.5	16.6–18.1	18.2–26.8	26.9–29.8	29.9 or higher
119	0–16.8	16.9–18.4	18.5–27.3	27.4–30.5	30.6 or higher
120	0–17.2	17.3–18.8	18.9–27.9	28.0–31.1	31.2 or higher

BMI and BMI-for-Age (Children 5–18 Years)

Step 1. Find **BMI** using the BMI Look-up Tables for Children and Adolescents 5–18 Years.

- a. Find height in the vertical column on the left (y axis). You may have to look through several tables.
- b. Find weight in the horizontal column (x axis) at the bottom.
- c. The place where the two rows (height and weight) cross is the BMI.

Step 2. Find **BMI-for-age** using the BMI-for-Age Tables.

- d. Round off the age to the nearest 6 months (for example, 6.0 for a child 6 years and 2 months old and 6.6 for a child 6 years and 7 months old).
- e. Find the row corresponding to years and months in the Age column.
- f. Move your finger straight across from left to right to find the child's BMI (from Step 1). Find the child's nutritional status in the top row.

Step 1: BMI look-up tables for children and adolescents 5–18 years

BMI Look-up Table for Children and Adolescents 5–18 Years Old

Height (cm)	85–114 cm tall																											
114	7.7	8.5	9.2	10.0	10.8	11.5	12.3	13.1	13.9	14.6	15.4	16.2	16.9	17.7	18.5	19.2	20.0	20.8	21.5	22.3	23.1	23.9	24.6	25.4	26.2	26.9	27.7	28.5
113	7.8	8.6	9.4	10.2	11.0	11.7	12.5	13.3	14.1	14.9	15.7	16.4	17.2	18.0	18.8	19.6	20.4	21.1	21.9	22.7	23.5	24.3	25.1	25.8	26.6	27.4	28.2	29.0
112	8.0	8.8	9.6	10.4	11.2	12.0	12.8	13.6	14.3	15.1	15.9	16.7	17.5	18.3	19.1	19.9	20.7	21.5	22.3	23.1	23.9	24.7	25.5	26.3	27.1	27.9	28.7	29.5
111	8.1	8.9	9.7	10.6	8.0	12.2	13.0	13.8	14.6	15.4	16.2	17.0	17.9	18.7	19.5	20.3	21.1	21.9	22.7	23.5	24.3	25.2	26.0	26.8	17.6	28.4	29.2	30.0
110	8.3	9.1	9.9	10.7	11.6	12.4	13.2	14.0	14.9	15.7	16.5	17.4	18.2	19.0	19.8	20.7	21.5	22.3	23.1	24.0	24.8	25.6	26.4	27.3	17.9	28.9	29.8	30.6
109	8.4	9.3	10.1	10.9	11.8	12.6	13.5	14.3	15.2	16.0	16.8	17.7	18.5	19.4	20.2	21.0	21.9	22.7	23.6	24.4	25.3	26.1	26.9	27.8	28.6	29.5	30.3	31.1
108	8.6	9.4	10.3	11.1	12.0	12.9	13.7	14.6	15.4	16.3	17.1	18.0	18.9	19.7	20.6	21.4	22.3	23.1	24.0	24.9	25.7	26.6	27.4	28.3	29.1	30.0	30.9	31.7
107	8.7	9.6	10.5	11.4	12.2	13.1	14.0	14.8	15.7	16.6	17.5	18.3	19.2	20.1	21.0	21.8	22.7	23.6	24.5	25.3	26.2	27.1	28.0	28.8	29.7	30.6	31.4	32.3
106	8.9	9.8	10.7	11.6	12.5	13.3	14.2	15.1	16.0	16.9	17.8	18.7	19.6	20.5	21.4	22.2	23.1	24.0	24.9	25.8	26.7	27.6	28.5	29.4	30.3	31.1	32.0	32.9
105	9.1	10.0	10.9	11.8	12.7	13.6	14.5	15.4	16.3	17.2	18.1	19.0	20.0	20.9	21.8	22.7	23.6	24.5	25.4	26.3	27.2	28.1	29.0	29.9	30.8	31.7	32.7	33.6
104	9.2	10.2	11.1	12.0	12.9	13.9	14.8	15.7	16.6	17.6	18.5	19.4	20.3	21.3	22.2	23.1	24.0	25.0	25.9	26.8	27.7	28.7	29.6	30.5	31.4	32.4	33.3	34.2
103	9.4	10.4	11.3	12.3	13.2	14.1	15.1	16.0	17.0	17.9	18.9	19.8	20.7	21.7	22.6	23.6	24.5	25.5	26.4	27.3	28.3	29.2	30.2	31.1	32.0	33.0	33.9	34.9
102	9.6	10.6	11.5	12.5	13.5	14.4	15.4	16.3	17.3	18.3	19.2	20.2	21.1	22.1	23.1	24.0	25.0	26.0	26.9	27.9	28.8	29.8	30.8	31.7	32.7	33.6	34.6	35.6
101	9.8	10.8	11.8	12.7	13.7	14.7	15.7	17.0	17.6	18.6	19.6	20.6	21.6	22.5	23.5	24.5	25.5	26.5	27.4	28.4	29.4	30.4	31.4	32.3	33.3	34.3	35.3	36.3
100	10.0	11.0	12.0	13.0	14.0	15.0	16.0	17.3	18.0	19.0	20.0	21.0	22.0	23.0	24.0	25.0	26.0	27.0	28.0	29.0	30.0	31.0	32.0	33.0	34.0	35.0	36.0	37.0
99	10.2	11.2	12.2	13.3	14.3	15.3	16.3	17.7	18.4	19.4	20.4	21.4	22.4	23.5	24.5	25.5	26.5	27.5	28.6	29.6	30.6	31.6	32.6	33.7	34.7	35.7	36.7	37.8
98	10.4	11.5	12.5	13.5	14.6	15.6	16.7	18.1	18.7	19.8	20.8	21.9	22.9	23.9	25.0	26.0	27.1	28.1	29.2	30.2	31.2	32.3	33.3	34.4	35.4	36.4	37.5	38.5
97	10.6	11.7	12.8	13.8	14.9	15.9	17.0	18.4	19.1	20.2	21.3	22.3	23.4	24.4	25.5	26.6	27.6	28.7	29.8	30.8	31.9	32.9	34.0	35.1	36.1	37.2	38.3	39.3
96	10.9	11.9	13.0	14.1	15.2	16.3	17.4	18.8	19.5	20.6	21.7	22.8	23.9	25.0	26.0	27.1	28.20	29.3	30.4	31.5	32.6	33.6	34.7	35.8	36.9	38.0	39.1	40.1
95	11.1	12.2	13.3	14.4	15.5	16.6	17.7	19.2	19.9	21.1	22.2	23.3	24.4	25.5	26.6	27.7	28.8	29.9	31.0	32.1	33.2	34.3	35.5	36.6	37.7	38.8	39.9	41.0
94	11.3	12.4	13.6	14.7	15.8	17.0	18.1	19.7	20.4	21.5	22.6	23.8	24.9	26.0	27.2	28.3	29.4	30.6	31.7	32.8	34.0	35.1	36.2	37.3	38.5	39.6	40.7	41.9
93	11.6	12.7	13.9	15.0	16.2	17.3	18.5	12.6	20.8	22.0	23.1	24.3	25.4	26.6	27.7	28.9	30.1	31.2	32.4	33.5	34.7	35.8	37.0	38.2	39.3	40.5	41.6	42.8
92	11.8	13.0	14.2	15.4	16.5	17.7	18.9	20.1	21.3	22.4	23.6	24.8	26.0	27.2	28.4	29.5	30.7	31.9	33.1	34.3	35.4	36.6	37.8	39.0	40.2	41.4	42.5	43.7
91	12.1	13.3	14.5	15.7	16.9	18.1	19.3	20.5	21.7	22.9	24.2	25.4	26.6	27.8	29.0	30.2	31.4	32.6	33.8	35.0	36.2	37.4	38.6	39.9	41.1	42.3	43.5	44.7
90	12.3	13.6	14.8	16.0	17.3	18.5	19.8	21.0	22.2	23.5	24.7	25.9	27.2	28.4	29.6	30.9	32.1	33.3	34.6	35.8	37.0	38.3	39.5	40.7	42.0	43.2	44.4	45.7
89	12.6	13.9	15.1	16.4	17.7	18.9	20.2	21.5	22.7	24.0	25.2	26.5	27.8	29.0	30.3	31.6	32.8	34.1	35.3	36.6	37.9	39.1	40.4	41.7	42.9	44.2	45.4	46.7
88	12.9	14.2	15.5	16.8	18.1	19.4	20.7	22.0	23.2	24.5	25.8	27.1	28.4	29.7	31.0	32.3	33.6	34.9	36.2	37.4	38.7	40.0	41.3	42.6	43.9	45.2	46.5	47.8
87	13.2	14.5	15.9	17.2	18.5	19.8	21.1	22.5	23.8	25.1	26.4	27.7	29.1	30.4	31.7	33.0	34.4	35.7	37.0	38.3	39.6	41.0	42.3	43.6	44.9	46.2	47.6	48.9
86	13.5	14.9	16.2	17.6	18.9	20.3	21.6	23.0	24.3	25.7	27.0	28.4	29.7	31.1	32.4	33.8	35.2	36.5	37.9	39.2	40.6	41.9	43.3	44.6	46.0	47.3	48.7	50.0
85	13.8	15.2	16.6	18.0	19.4	20.8	22.1	23.5	24.9	26.3	27.7	29.1	30.4	31.8	33.2	34.6	36.0	37.4	38.8	40.1	41.5	42.9	44.3	45.7	47.1	48.4	49.8	51.2
Weight (kg)	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37

BMI Look-up Table for Children and Adolescents 5–18 Years Old

Height (cm)	115–144 cm tall																																														
144	5.8	6.3	6.8	7.2	7.7	8.2	8.7	9.2	9.6	10.1	10.6	11.1	11.6	12.1	12.5	13.0	13.5	14.0	14.5	14.9	15.4	15.9	16.4	16.9	17.4	17.8	18.3	18.8	19.3	19.8	20.3	20.7	21.2														
143	5.9	6.4	6.8	7.3	7.8	8.3	8.8	9.3	9.8	10.3	10.8	11.2	11.7	12.2	12.7	13.2	13.7	14.2	14.7	15.2	15.6	16.1	16.6	17.1	17.6	18.1	18.6	19.1	19.6	20.0	20.5	21.0	21.5														
142	6.0	6.4	6.9	7.4	7.9	8.4	8.9	9.4	9.9	10.4	10.9	11.4	11.9	12.4	12.9	13.4	13.9	14.4	14.9	15.4	15.9	16.4	16.9	17.4	17.9	18.3	18.8	19.3	19.8	20.3	20.8	21.3	21.8														
141	6.0	6.5	7.0	7.5	8.0	8.6	9.1	9.6	10.1	10.6	11.1	11.6	12.1	12.6	13.1	13.6	14.1	14.6	15.1	15.6	16.1	16.6	17.1	17.6	18.1	18.6	19.1	19.6	20.1	20.6	21.1	21.6	22.1														
140	6.1	6.6	7.1	7.7	8.2	8.7	9.2	9.7	10.2	10.7	11.2	11.7	12.2	12.8	13.3	13.8	14.3	14.8	15.3	15.8	16.3	16.8	17.3	17.9	18.4	18.9	19.4	19.9	20.4	20.9	21.4	21.9	22.4														
139	6.2	6.7	7.2	7.8	8.3	8.8	9.3	9.8	10.4	10.9	11.4	11.9	12.4	12.9	13.5	14.0	14.5	15.0	15.5	16.0	16.6	17.1	17.6	18.1	18.6	19.2	19.7	20.2	20.7	21.2	21.7	22.3	22.8														
138	6.3	6.8	7.4	7.9	8.4	8.9	9.5	10.0	10.5	11.0	11.6	12.1	12.6	13.1	13.7	14.2	14.7	15.2	15.8	16.3	16.8	17.3	17.9	18.4	18.9	19.4	20.0	20.5	21.0	21.5	22.1	22.6	23.1														
137	6.4	6.9	7.5	8.0	8.5	9.1	9.6	10.1	10.7	11.2	11.7	12.3	12.8	13.3	13.9	14.4	14.9	15.5	16.0	16.5	17.0	17.6	18.1	18.6	19.2	19.7	20.2	20.8	21.3	21.8	22.4	22.9	23.4														
136	6.5	7.0	7.6	8.1	8.7	9.2	9.7	10.3	10.8	11.4	11.9	12.4	13.0	13.5	14.1	14.6	15.1	15.7	16.2	16.8	17.3	17.8	18.4	18.9	19.5	20.0	20.5	21.1	21.6	22.2	22.7	23.2	23.8														
135	6.6	7.1	7.7	8.2	8.8	9.3	9.9	10.4	11.0	11.5	12.1	12.6	13.2	13.7	14.3	14.8	15.4	15.9	16.5	17.0	17.6	18.1	18.7	19.2	19.8	20.3	20.9	21.4	21.9	22.5	23.0	23.6	24.1														
134	6.7	7.2	7.8	8.4	8.9	9.5	10.0	10.6	11.1	11.7	12.3	12.8	13.4	13.9	14.5	15.0	15.6	16.2	16.7	17.3	17.8	18.4	18.9	19.5	20.0	20.6	21.2	21.7	22.3	22.8	23.4	23.9	24.5														
133	6.8	7.3	7.9	8.5	9.0	9.6	10.2	10.7	11.3	11.9	12.4	13.0	13.6	14.1	14.7	15.3	15.8	16.4	17.0	17.5	18.1	18.7	19.2	19.8	20.4	20.9	21.5	22.0	22.6	23.2	23.7	24.3	24.9														
132	6.9	7.5	8.0	8.6	9.2	9.8	10.3	10.9	11.5	12.1	12.6	13.2	13.8	14.3	14.9	15.5	16.1	16.6	17.2	17.8	18.4	18.9	19.5	20.1	20.7	21.2	21.8	22.4	23.0	23.5	24.1	24.7	25.3														
131	7.0	7.6	8.2	8.7	9.3	9.9	10.5	11.1	11.7	12.2	12.8	13.4	14.0	14.6	15.2	15.7	16.3	16.9	17.5	18.1	18.6	19.2	19.8	20.4	21.0	21.6	22.1	22.7	23.3	23.9	24.5	25.1	25.6														
130	7.1	7.7	8.3	8.9	9.5	10.1	10.7	11.2	11.8	12.4	13.0	13.6	14.2	14.8	15.4	16.0	16.6	17.2	17.8	18.3	18.9	19.5	20.1	20.7	21.3	21.9	22.5	23.1	23.7	24.3	24.9	25.4	26.0														
129	7.2	7.8	8.4	9.0	9.6	10.2	10.8	11.4	12.0	12.6	13.2	13.8	14.4	15.0	15.6	16.2	16.8	17.4	18.0	18.6	19.2	19.8	20.4	21.0	21.6	22.2	22.8	23.4	24.0	24.6	25.2	25.8	26.4														
128	7.3	7.9	8.5	9.2	9.8	10.4	11.0	11.6	12.2	12.8	13.4	14.0	14.6	15.3	15.9	16.5	17.1	17.7	18.3	18.9	19.5	20.1	20.8	21.4	22.0	22.6	23.2	23.8	24.4	25.0	25.6	26.2	26.9														
127	7.4	8.1	8.7	9.3	9.9	10.5	11.2	11.8	12.4	13.0	13.6	14.3	14.9	15.5	16.1	16.7	17.4	18.0	18.6	19.2	19.8	20.5	21.1	21.7	22.3	22.9	23.6	24.2	24.8	25.4	26.0	26.7	27.3														
126	7.6	8.2	8.8	9.4	10.1	10.7	11.3	12.0	12.6	13.2	13.9	14.5	15.1	15.7	16.4	17.0	17.6	18.3	18.9	19.5	20.2	20.8	21.4	22.0	22.7	23.3	23.9	24.6	25.2	25.8	26.5	27.1	27.7														
125	7.7	8.3	9.0	9.6	10.2	10.9	11.5	12.2	12.8	13.4	14.1	14.7	15.4	16.0	16.6	17.3	17.9	18.6	19.2	19.8	20.5	21.1	21.8	22.4	23.0	23.7	24.3	25.0	25.6	26.2	26.9	27.5	28.2														
124	7.8	8.5	9.1	9.8	10.4	11.1	11.7	12.4	13.0	13.7	14.3	15.0	15.6	16.3	16.9	17.6	18.2	18.9	19.5	20.2	20.8	21.5	22.1	22.8	23.4	24.1	24.7	25.4	26.0	26.7	27.3	28.0	28.6														
123	7.9	8.6	9.3	9.9	10.6	11.2	11.9	12.6	13.2	13.9	14.5	15.2	15.9	16.5	17.2	17.8	18.5	19.2	19.8	20.5	21.2	21.8	22.5	23.1	23.8	24.5	25.1	25.8	26.4	27.1	27.8	28.4	29.1														
122	8.1	8.7	9.4	10.1	10.7	11.4	12.1	12.8	13.4	14.1	14.8	15.5	16.1	16.8	17.5	18.1	18.8	19.5	20.2	20.8	21.5	22.2	22.8	23.5	24.2	24.9	25.5	26.2	26.9	27.5	28.2	28.9	29.6														
121	8.2	8.9	9.6	10.2	10.9	11.6	12.3	13.0	13.7	14.3	15.0	15.7	16.4	17.1	17.8	18.4	19.1	19.8	20.5	21.2	21.9	22.5	23.2	23.9	24.6	25.3	26.0	26.6	27.3	28.0	28.7	29.4	30.1														
120	8.3	9.0	9.7	10.4	11.1	11.8	12.5	13.2	13.9	14.6	15.3	16.0	16.7	17.4	18.1	18.8	19.4	20.1	20.8	21.5	22.2	22.9	23.6	24.3	25.0	25.7	26.4	27.1	27.8	28.5	29.2	29.9	30.6														
119	8.5	9.2	9.9	10.6	11.3	12.0	12.7	13.4	14.1	14.8	15.5	16.2	16.9	17.7	18.4	19.1	19.8	20.5	21.2	21.9	22.6	23.3	24.0	24.7	25.4	26.1	26.8	27.5	28.2	29.0	29.7	30.4	31.1														
118	8.6	9.3	10.1	10.8	11.5	12.2	12.9	13.6	14.4	15.1	15.8	16.5	17.2	18.0	18.7	19.4	20.1	20.8	21.5	22.3	23.0	23.7	24.4	25.1	25.9	26.6	27.3	28.0	28.7	29.4	30.2	30.9	31.6														
117	8.8	9.5	10.2	11.0	11.7	12.4	13.1	13.9	14.6	15.3	16.1	16.8	17.5	18.3	19.0	19.7	20.5	21.2	21.9	22.6	23.4	24.1	24.8	25.6	26.3	27.0	27.8	28.5	29.2	30.0	30.7	31.4	32.1														
116	8.9	9.7	10.4	11.1	11.9	12.6	13.4	14.1	14.9	15.6	16.3	17.1	17.8	18.6	19.3	20.1	20.8	21.6	22.3	23.0	23.8	24.5	25.3	26.0	26.8	27.5	28.2	29.0	29.7	30.5	31.2	32.0	32.7														
115	9.1	9.8	10.6	11.3	12.1	12.9	13.6	14.4	15.1	15.9	16.6	17.4	18.1	18.9	19.7	20.4	21.2	21.9	22.7	23.4	24.2	25.0	25.7	26.5	27.2	28.0	28.7	29.5	30.2	31.0	31.8	32.5	33.3														
Weight (kg)	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44														

BMI Look-up Table for Children and Adolescents 5–18 Years Old

Height (cm)	145–175 cm tall																																	
175	6.2	6.5	6.9	7.2	7.5	7.8	8.2	8.5	8.8	9.1	9.5	9.8	10.1	10.4	10.8	11.1	11.4	11.8	12.1	12.4	12.7	13.1	13.4	13.7	14.0	14.4	14.7	15.0	15.3	15.7	16.0	16.3	16.7	17.0
174	6.3	6.6	6.9	7.3	7.6	7.9	8.3	8.6	8.9	9.2	9.6	9.9	10.2	10.6	10.9	11.2	11.6	11.9	12.2	12.6	12.9	13.2	13.5	13.9	14.2	14.5	14.9	15.2	15.5	15.9	16.2	16.5	16.8	17.2
173	6.3	6.7	7.0	7.4	7.7	8.0	8.4	8.7	9.0	9.4	9.7	10.0	10.4	10.7	11.0	11.4	11.7	12.0	12.4	12.7	13.0	13.4	13.7	14.0	14.4	14.7	15.0	15.4	15.7	16.0	16.4	16.7	17.0	17.4
172	6.4	6.8	7.1	7.4	7.8	8.1	8.5	8.8	9.1	9.5	9.8	10.1	10.5	10.8	11.2	11.5	11.8	12.2	12.5	12.8	13.2	13.5	13.9	14.2	14.5	14.9	15.2	15.5	15.9	16.2	16.6	16.9	17.2	17.6
171	6.5	6.8	7.2	7.5	7.9	8.2	8.5	8.9	9.2	9.6	9.9	10.3	10.6	10.9	11.3	11.6	12.0	12.3	12.7	13.0	13.3	13.7	14.0	14.4	14.7	15.0	15.4	15.7	16.1	16.4	16.8	17.1	17.4	17.8
170	6.6	6.9	7.3	7.6	8.0	8.3	8.7	9.0	9.3	9.7	10.0	10.4	10.7	11.1	11.4	11.8	12.1	12.5	12.8	13.1	13.5	13.8	14.2	14.5	14.9	15.2	15.6	15.9	16.3	16.6	17.0	17.3	17.6	18.0
169	6.7	7.0	7.4	7.7	8.1	8.4	8.8	9.1	9.5	9.8	10.2	10.5	10.9	11.2	11.6	11.9	12.3	12.6	13.0	13.3	13.7	14.0	14.4	14.7	15.1	15.4	15.8	16.1	16.5	16.8	17.2	17.5	17.9	18.2
168	6.7	7.1	7.4	7.8	8.1	8.5	8.9	9.2	9.6	9.9	10.3	10.6	11.0	11.3	11.7	12.0	12.4	12.8	13.1	13.5	13.8	14.2	14.5	14.9	15.2	15.6	15.9	16.3	16.7	17.0	17.4	17.7	18.1	18.4
167	6.8	7.2	7.5	7.9	8.2	8.6	9.0	9.3	9.7	10.0	10.4	10.8	11.1	11.5	11.8	12.2	12.5	12.9	13.3	13.6	14.0	14.3	14.7	15.1	15.4	15.8	16.1	16.5	16.9	17.2	17.6	17.9	18.3	18.6
166	6.9	7.3	7.6	8.0	8.3	8.7	9.1	9.4	9.8	10.2	10.5	10.9	11.2	11.6	12.0	12.3	12.7	13.1	13.4	13.8	14.2	14.5	14.9	15.2	15.6	16.0	16.3	16.7	17.1	17.4	17.8	18.1	18.5	18.9
165	7.0	7.3	7.7	8.1	8.4	8.8	9.2	9.6	9.9	10.3	10.7	11.0	11.4	11.8	12.1	12.5	12.9	13.2	13.6	14.0	14.3	14.7	15.1	15.4	15.8	16.2	16.5	16.9	17.3	17.6	18.0	18.4	18.7	19.1
164	7.1	7.4	7.8	8.2	8.6	8.9	9.3	9.7	10.0	10.4	10.8	11.2	11.5	11.9	12.3	12.6	13.0	13.4	13.8	14.1	14.5	14.9	15.2	15.6	16.0	16.4	16.7	17.1	17.5	17.8	18.2	18.6	19.0	19.3
163	7.2	7.5	7.9	8.3	8.7	9.0	9.4	9.8	10.2	10.5	10.9	11.3	11.7	12.0	12.4	12.8	13.2	13.5	13.9	14.3	14.7	15.1	15.4	15.8	16.2	16.6	16.9	17.3	17.7	18.1	18.4	18.8	19.2	19.6
162	7.2	7.6	8.0	8.4	8.8	9.1	9.5	9.9	10.3	10.7	11.1	11.4	11.8	12.2	12.6	13.0	13.3	13.7	14.1	14.5	14.9	15.2	15.6	16.0	16.4	16.8	17.1	17.5	17.9	18.3	18.7	19.1	19.4	19.8
161	7.3	7.7	8.1	8.5	8.9	9.3	9.6	10.0	10.4	10.8	11.2	11.6	12.0	12.3	12.7	13.1	13.5	13.9	14.3	14.7	15.0	15.4	15.8	16.2	16.6	17.0	17.4	17.7	18.1	18.5	18.9	19.3	19.7	20.1
160	7.4	7.8	8.2	8.6	9.0	9.4	9.8	10.2	10.5	10.9	11.3	11.7	12.1	12.5	12.9	13.3	13.7	14.1	14.5	14.8	15.2	15.6	16.0	16.4	16.8	17.2	17.6	18.0	18.4	18.8	19.1	19.5	19.9	20.3
159	7.5	7.9	8.3	8.7	9.1	9.5	9.9	10.3	10.7	11.1	11.5	11.9	12.3	12.7	13.1	13.4	13.8	14.2	14.6	15.0	15.4	15.8	16.2	16.6	17.0	17.4	17.8	18.2	18.6	19.0	19.4	19.8	20.2	20.6
158	7.6	8.0	8.4	8.8	9.2	9.6	10.0	10.4	10.8	11.2	11.6	12.0	12.4	12.8	13.2	13.6	14.0	14.4	14.8	15.2	15.6	16.0	16.4	16.8	17.2	17.6	18.0	18.4	18.8	19.2	19.6	20.0	20.4	20.8
157	7.7	8.1	8.5	8.9	9.3	9.7	10.1	10.5	11.0	11.4	11.8	12.2	12.6	13.0	13.4	13.8	14.2	14.6	15.0	15.4	15.8	16.2	16.6	17.0	17.4	17.9	18.3	18.7	19.1	19.5	19.9	20.3	20.7	21.1
156	7.8	8.2	8.6	9.0	9.5	9.9	10.3	10.7	11.1	11.5	11.9	12.3	12.7	13.1	13.6	14.0	14.4	14.8	15.2	15.6	16.0	16.4	16.8	17.3	17.7	18.1	18.5	18.9	19.3	19.7	20.1	20.5	21.0	21.4
155	7.9	8.3	8.7	9.2	9.6	10.0	10.4	10.8	11.2	11.7	12.1	12.5	12.9	13.3	13.7	14.2	14.6	15.0	15.4	15.8	16.2	16.6	17.1	17.5	17.9	18.3	18.7	19.1	19.6	20.0	20.4	20.8	21.2	21.6
154	8.0	8.4	8.9	9.3	9.7	10.1	10.5	11.0	11.4	11.8	12.2	12.6	13.1	13.5	13.9	14.3	14.8	15.2	15.6	16.0	16.4	16.9	17.3	17.7	18.1	18.6	19.0	19.4	19.8	20.2	20.7	21.1	21.5	21.9
153	8.1	8.5	9.0	9.4	9.8	10.3	10.7	11.1	11.5	12.0	12.4	12.8	13.2	13.7	14.1	14.5	15.0	15.4	15.8	16.2	16.7	17.1	17.5	17.9	18.4	18.8	19.2	19.7	20.1	20.5	20.9	21.4	21.8	22.2
152	8.2	8.7	9.1	9.5	10.0	10.4	10.8	11.3	11.7	12.1	12.6	13.0	13.4	13.9	14.3	14.7	15.1	15.6	16.0	16.4	16.9	17.3	17.7	18.2	18.6	19.0	19.5	19.9	20.3	20.8	21.2	21.6	22.1	22.5
151	8.3	8.8	9.2	9.6	10.1	10.5	11.0	11.4	11.8	12.3	12.7	13.2	13.6	14.0	14.5	14.9	15.4	15.8	16.2	16.7	17.1	17.5	18.0	18.4	18.9	19.3	19.7	20.2	20.6	21.1	21.5	21.9	22.4	22.8
150	8.4	8.9	9.3	9.8	10.2	10.7	11.1	11.6	12.0	12.4	12.9	13.3	13.8	14.2	14.7	15.1	15.6	16.0	16.4	16.9	17.3	17.8	18.2	18.7	19.1	19.6	20.0	20.4	20.9	21.3	21.8	22.2	22.7	23.1
149	8.6	9.0	9.5	9.9	10.4	10.8	11.3	11.7	12.2	12.6	13.1	13.5	14.0	14.4	14.9	15.3	15.8	16.2	16.7	17.1	17.6	18.0	18.5	18.9	19.4	19.8	20.3	20.7	21.2	21.6	22.1	22.5	23.0	23.4
148	8.7	9.1	9.6	10.0	10.5	11.0	11.4	11.9	12.3	12.8	13.2	13.7	14.2	14.6	15.1	15.5	16.0	16.4	16.9	17.3	17.8	18.3	18.7	19.2	19.6	20.1	20.5	21.0	21.5	21.9	22.4	22.8	23.3	23.7
147	8.8	9.3	9.7	10.2	10.6	11.1	11.6	12.0	12.5	13.0	13.4	13.9	14.3	14.8	15.3	15.7	16.2	16.7	17.1	17.6	18.0	18.5	19.0	19.4	19.9	20.4	20.8	21.3	21.8	22.2	22.7	23.1	23.6	24.1
146	8.9	9.4	9.9	10.3	10.8	11.3	11.7	12.2	12.7	13.1	13.6	14.1	14.5	15.0	15.5	16.0	16.4	16.9	17.4	17.8	18.3	18.8	19.2	19.7	20.2	20.6	21.1	21.6	22.0	22.5	23.0	23.5	23.9	24.4
145	9.0	9.5	10.0	10.5	10.9	11.4	11.9	12.4	12.8	13.3	13.8	14.3	14.7	15.2	15.7	16.2	16.6	17.1	17.6	18.1	18.5	19.0	19.5	20.0	20.5	20.9	21.4	21.9	22.4	22.8	23.3	23.8	24.3	24.7
Weight (kg)	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52

BMI Look-up Table for Children and Adolescents 5–18 Years Old

Height (cm)	176–200 cm tall																																				
200	11.3	11.5	11.8	12.0	12.3	12.5	12.8	13.0	13.3	13.5	13.8	14.0	14.3	14.5	14.8	15.0	15.3	15.5	15.8	16.0	16.3	16.5	16.8	17.0	17.3	17.5	17.8	18.0	18.3	18.5	18.8	19.0	19.3	19.5	19.8	20.0	20.3
199	11.4	11.6	11.9	12.1	12.4	12.6	12.9	13.1	13.4	13.6	13.9	14.1	14.4	14.6	14.9	15.2	15.4	15.7	15.9	16.2	16.4	16.7	16.9	17.2	17.4	17.7	17.9	18.2	18.4	18.7	18.9	19.2	19.4	19.7	19.9	20.2	20.5
198	11.5	11.7	12.0	12.2	12.5	12.8	13.0	13.3	13.5	13.8	14.0	14.3	14.5	14.8	15.0	15.3	15.6	15.8	16.1	16.3	16.6	16.8	17.1	17.3	17.6	17.9	18.1	18.4	18.6	18.9	19.1	19.4	19.6	19.9	20.2	20.4	20.7
197	11.6	11.9	12.1	12.4	12.6	12.9	13.1	13.4	13.7	13.9	14.2	14.4	14.7	14.9	15.2	15.5	15.7	16.0	16.2	16.5	16.7	17.0	17.3	17.5	17.8	18.0	18.3	18.6	18.8	19.1	19.3	19.6	19.8	20.1	20.4	20.6	20.9
196	11.7	12.0	12.2	12.5	12.8	13.0	13.3	13.5	13.8	14.1	14.3	14.6	14.8	15.1	15.4	15.6	15.9	16.1	16.4	16.7	16.9	17.2	17.4	17.7	18.0	18.2	18.5	18.7	19.0	19.3	19.5	19.8	20.0	20.3	20.6	20.8	21.1
195	11.8	12.1	12.4	12.6	12.9	13.1	13.4	13.7	13.9	14.2	14.5	14.7	15.0	15.3	15.5	15.8	16.0	16.3	16.6	16.8	17.1	17.4	17.6	17.9	18.1	18.4	18.7	18.9	19.2	19.5	19.7	20.0	20.2	20.5	20.8	21.0	21.3
194	12.0	12.2	12.5	12.8	13.0	13.3	13.6	13.8	14.1	14.3	14.6	14.9	15.1	15.4	15.7	15.9	16.2	16.5	16.7	17.0	17.3	17.5	17.8	18.1	18.3	18.6	18.9	19.1	19.4	19.7	19.9	20.2	20.5	20.7	21.0	21.3	21.5
193	12.1	12.3	12.6	12.9	13.2	13.4	13.7	14.0	14.2	14.5	14.8	15.0	15.3	15.6	15.8	16.1	16.4	16.6	16.9	17.2	17.5	17.7	18.0	18.3	18.5	18.8	19.1	19.3	19.6	19.9	20.1	20.4	20.7	20.9	21.2	21.5	21.7
192	12.2	12.5	12.7	13.0	13.3	13.6	13.8	14.1	14.4	14.6	14.9	15.2	15.5	15.7	16.0	16.3	16.5	16.8	17.1	17.4	17.6	17.9	18.2	18.4	18.7	19.0	19.3	19.5	19.8	20.1	20.3	20.6	20.9	21.2	21.4	21.7	22.0
191	12.3	12.6	12.9	13.2	13.4	13.7	14.0	14.3	14.5	14.8	15.1	15.4	15.6	15.9	16.2	16.4	16.7	17.0	17.3	17.5	17.8	18.1	18.4	18.6	18.9	19.2	19.5	19.7	20.0	20.3	20.6	20.8	21.1	21.4	21.7	21.9	22.2
190	12.5	12.7	13.0	13.3	13.6	13.9	14.1	14.4	14.7	15.0	15.2	15.5	15.8	16.1	16.3	16.6	16.9	17.2	17.5	17.7	18.0	18.3	18.6	18.8	19.1	19.4	19.7	19.9	20.2	20.5	20.8	21.1	21.3	21.6	21.9	22.2	22.4
189	12.6	12.9	13.2	13.4	13.7	14.0	14.3	14.6	14.8	15.1	15.4	15.7	16.0	16.2	16.5	16.8	17.1	17.4	17.6	17.9	18.2	18.5	18.8	19.0	19.3	19.6	19.9	20.2	20.4	20.7	21.0	21.3	21.6	21.8	22.1	22.4	22.7
188	12.7	13.0	13.3	13.6	13.9	14.1	14.4	14.7	15.0	15.3	15.6	15.8	16.1	16.4	16.7	17.0	17.3	17.5	17.8	18.1	18.4	18.7	19.0	19.2	19.5	19.8	20.1	20.4	20.7	20.9	21.2	21.5	21.8	22.1	22.4	22.6	22.9
187	12.9	13.2	13.4	13.7	14.0	14.3	14.6	14.9	15.2	15.4	15.7	16.0	16.3	16.6	16.9	17.2	17.4	17.7	18.0	18.3	18.6	18.9	19.2	19.4	19.7	20.0	20.3	20.6	20.9	21.2	21.4	21.7	22.0	22.3	22.6	22.9	23.2
186	13.0	13.3	13.6	13.9	14.2	14.5	14.7	15.0	15.3	15.6	15.9	16.2	16.5	16.8	17.1	17.3	17.6	17.9	18.2	18.5	18.8	19.1	19.4	19.7	19.9	20.2	20.5	20.8	21.1	21.4	21.7	22.0	22.3	22.5	22.8	23.1	23.4
185	13.1	13.4	13.7	14.0	14.3	14.6	14.9	15.2	15.5	15.8	16.1	16.4	16.7	16.9	17.2	17.5	17.8	18.1	18.4	18.7	19.0	19.3	19.6	19.9	20.2	20.5	20.7	21.0	21.3	21.6	21.9	22.2	22.5	22.8	23.1	23.4	23.7
184	13.3	13.6	13.9	14.2	14.5	14.8	15.1	15.4	15.7	15.9	16.2	16.5	16.8	17.1	17.4	17.7	18.0	18.3	18.6	18.9	19.2	19.5	19.8	20.1	20.4	20.7	21.0	21.3	21.6	21.9	22.2	22.4	22.7	23.0	23.3	23.6	23.9
183	13.4	13.7	14.0	14.3	14.6	14.9	15.2	15.5	15.8	16.1	16.4	16.7	17.0	17.3	17.6	17.9	18.2	18.5	18.8	19.1	19.4	19.7	20.0	20.3	20.6	20.9	21.2	21.5	21.8	22.1	22.4	22.7	23.0	23.3	23.6	23.9	24.2
182	13.6	13.9	14.2	14.5	14.8	15.1	15.4	15.7	16.0	16.3	16.6	16.9	17.2	17.5	17.8	18.1	18.4	18.7	19.0	19.3	19.6	19.9	20.2	20.5	20.8	21.1	21.4	21.7	22.0	22.3	22.6	22.9	23.2	23.5	23.8	24.2	24.5
181	13.7	14.0	14.3	14.7	15.0	15.3	15.6	15.9	16.2	16.5	16.8	17.1	17.4	17.7	18.0	18.3	18.6	18.9	19.2	19.5	19.8	20.1	20.5	20.8	21.1	21.4	21.7	22.0	22.3	22.6	22.9	23.2	23.5	23.8	24.1	24.4	24.7
180	13.9	14.2	14.5	14.8	15.1	15.4	15.7	16.0	16.4	16.7	17.0	17.3	17.6	17.9	18.2	18.5	18.8	19.1	19.4	19.8	20.1	20.4	20.7	21.0	21.3	21.6	21.9	22.2	22.5	22.8	23.1	23.5	23.8	24.1	24.4	24.7	25.0
179	14.0	14.4	14.7	15.0	15.3	15.6	15.9	16.2	16.5	16.9	17.2	17.5	17.8	18.1	18.4	18.7	19.0	19.4	19.7	20.0	20.3	20.6	20.9	21.2	21.5	21.8	22.2	22.5	22.8	23.1	23.4	23.7	24.0	24.3	24.7	25.0	25.3
178	14.2	14.5	14.8	15.1	15.5	15.8	16.1	16.4	16.7	17.0	17.4	17.7	18.0	18.3	18.6	18.9	19.3	19.6	19.9	20.2	20.5	20.8	21.1	21.5	21.8	22.1	22.4	22.7	23.0	23.4	23.7	24.0	24.3	24.6	24.9	25.2	25.6
177	14.4	14.7	15.0	15.3	15.6	16.0	16.3	16.6	16.9	17.2	17.6	17.9	18.2	18.5	18.8	19.2	19.5	19.8	20.1	20.4	20.7	21.1	21.4	21.7	22.0	22.3	22.7	23.0	23.3	23.6	23.9	24.3	24.6	24.9	25.2	25.5	25.9
176	14.5	14.9	15.2	15.5	15.8	16.1	16.5	16.8	17.1	17.4	17.8	18.1	18.4	18.7	19.0	19.4	19.7	20.0	20.3	20.7	21.0	21.3	21.6	22.0	22.3	22.6	22.9	23.2	23.6	23.9	24.2	24.5	24.9	25.2	25.5	25.8	26.1
Weight (kg)	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81

Step 2. BMI-for-age tables

BOYS					
Age (years: months)	< -3	≥ -3 to < -2	≥ -2 to ≤ +1	≥ +1 to ≤ +2	> +2
5:1	0-12.0	12.1-12.9	13.0-16.6	16.7-18.3	18.4 or higher
5:6	0-12.0	12.1-12.9	13.0-16.7	16.8-18.4	18.5 or higher
6:0	0-12.0	12.1-12.9	13.0-16.8	16.9-18.5	18.6 or higher
6:6	0-12.1	12.2-13.0	13.1-16.9	17.0-18.7	18.8 or higher
7:0	0-12.2	12.3-13.0	13.1-17.0	17.1-19.0	19.1 or higher
7:6	0-12.2	12.3-13.1	13.2-17.2	17.3-19.3	19.4 or higher
8:0	0-12.3	12.4-13.2	13.3-17.4	17.5-19.7	19.8 or higher
8:6	0-12.4	12.5-13.3	13.4-17.7	17.8-20.1	20.2 or higher
9:0	0-12.5	12.6-13.4	13.5-17.9	18.0-20.5	20.6 or higher
9:6	0-12.6	12.7-13.5	13.6-18.2	18.3-20.9	21.0 or higher
10:0	0-12.7	12.8-13.6	13.7-18.5	18.6-21.4	21.5 or higher
10:6	0-12.8	12.9-13.8	13.9-18.8	18.9-21.9	22.0 or higher
11:0	0-13.0	13.1-14.0	14.1-19.2	19.3-22.5	22.6 or higher
11:6	0-13.1	13.2-14.1	14.2-19.5	19.6-23.0	23.1 or higher
12:0	0-13.3	13.4-14.4	14.5-19.9	20.0-23.6	23.5 or higher
12:6	0-13.5	13.6-14.6	14.7-20.4	20.5-24.2	24.1 or higher
13:0	0-13.7	13.8-14.8	14.9-20.8	20.9-24.8	24.7 or higher
13:6	0-13.0	14.0-15.1	15.2-21.3	21.4-25.3	25.4 or higher
14:0	0-14.2	14.3-15.4	15.5-21.8	21.9-25.9	26.0 or higher
14:6	0-14.4	14.5-15.6	15.7-22.2	22.3-26.5	26.6 or higher
15:0	0-14.6	14.7-15.9	16.0-22.7	22.8-27.0	27.1 or higher
15:6	0-14.8	14.9-16.2	16.3-23.1	23.2-27.4	27.5 or higher
16:0	0-15.0	15.1-16.4	16.5-23.5	23.6-27.9	28.0 or higher
16:6	0-15.2	15.3-16.6	16.7-23.9	24.0-28.3	28.4 or higher
17:0	0-15.3	15.4-16.8	16.9-24.3	24.4-28.6	28.7 or higher
17:6	0-15.5	15.6-17.0	17.1-24.6	24.7-29.0	29.1 or higher
18:0	0-15.6	15.7-17.2	17.3-24.9	25.0-29.2	29.3 or higher

GIRLS					
(years: months)	< -3	≥ -3 to < -2	≥ -2 to ≤ +1	≥ +1 to ≤ +2	> +2
5:1	0-11.7	11.8-12.6	12.7-16.9	17.0-18.9	19.0 or higher
5:6	0-11.6	11.7-12.6	12.7-16.9	17.0-19.0	19.1 or higher
6:0	0-11.6	11.7-12.6	12.7-17.0	17.1-19.2	19.3 or higher
6:6	0-11.6	11.7-12.6	12.7-17.1	17.2-19.5	19.6 or higher
7:0	0-11.7	11.8-12.6	12.7-17.3	17.4-19.8	19.9 or higher
7:6	0-11.7	11.8-12.7	12.8-17.5	17.6-20.1	20.2 or higher
8:0	0-11.8	11.9-12.8	12.9-17.7	17.8-20.6	20.7 or higher
8:6	0-11.9	12.0-12.9	13.0-18.0	18.1-21.0	21.1 or higher
9:0	0-12.0	12.1-13.0	13.1-18.3	18.4-21.5	21.6 or higher
9:6	0-12.1	12.2-13.2	13.3-18.7	18.8-22.0	22.1 or higher
10:0	0-12.3	12.4-13.4	13.5-19.0	19.1-22.6	22.7 or higher
10:6	0-12.4	12.5-13.6	13.7-19.4	19.5-23.1	23.2 or higher
11:0	0-12.6	12.7-13.8	13.9-19.9	20.0-23.7	23.8 or higher
11:6	0-12.8	12.9-14.0	14.1-20.3	20.4-24.3	24.4 or higher
12:0	0-13.1	13.2-14.3	14.4-20.8	20.9-25.0	25.1 or higher
12:6	0-13.3	13.4-14.6	14.7-21.3	21.4-25.6	25.7 or higher
13:0	0-13.5	13.6-14.8	14.9-21.8	21.9-26.2	26.3 or higher
13:6	0-13.7	13.8-15.1	15.2-22.3	22.4-26.8	26.9 or higher
14:0	0-13.9	14.0-15.3	15.4-22.7	22.8-27.3	27.4 or higher
14:6	0-14.1	14.2-15.6	15.7-23.1	23.2-27.8	27.9 or higher
15:0	0-14.3	14.4-15.8	15.9-23.5	23.6-28.2	28.3 or higher
15:6	0-14.4	14.5-15.9	16.0-23.8	23.9-28.6	28.7 or higher
16:0	0-14.5	14.6-16.1	16.2-24.1	24.2-28.9	29.0 or higher
16:6	0-14.6	14.7-16.2	16.3-24.3	24.4-29.1	29.2 or higher
17:0	0-14.6	14.7-16.3	16.4-24.5	24.6-29.3	29.4 or higher
17:6	0-14.6	14.7-16.3	16.4-24.6	24.7-29.4	29.5 or higher
18:0	0-14.6	14.7-16.3	16.4-24.8	24.9-29.5	29.6 or higher

Specialised Food Product Prescription Guide for Children

6–23 months old

Entry criteria	Prescription	Transition/exit criteria
Severe acute malnutrition (SAM)		
Bilateral pitting oedema of any grade OR WHZ < -3 OR MUAC < 11.5 cm	Outpatient treatment: 200 kcal/kg/day of RUTF to last until the next visit (See dosage table below.)	Transition to MAM if: No bilateral pitting oedema for more than 2 weeks OR WHZ ≥ -3 OR MUAC ≥ 11.5 cm
Moderate acute malnutrition (MAM)		
WHZ ≥ -3 and < -2 OR MUAC ≥ 11.5 and < 12.5 cm	One 100 g bag of HEPS/day to last until the next visit	Transition to normal nutritional status if: WHZ ≥ -2 OR MUAC ≥ 12.5 cm
All HIV-exposed children regardless of nutritional or HIV status		Exit non-malnourished HIV-exposed children at 24 months.

2–17 years old

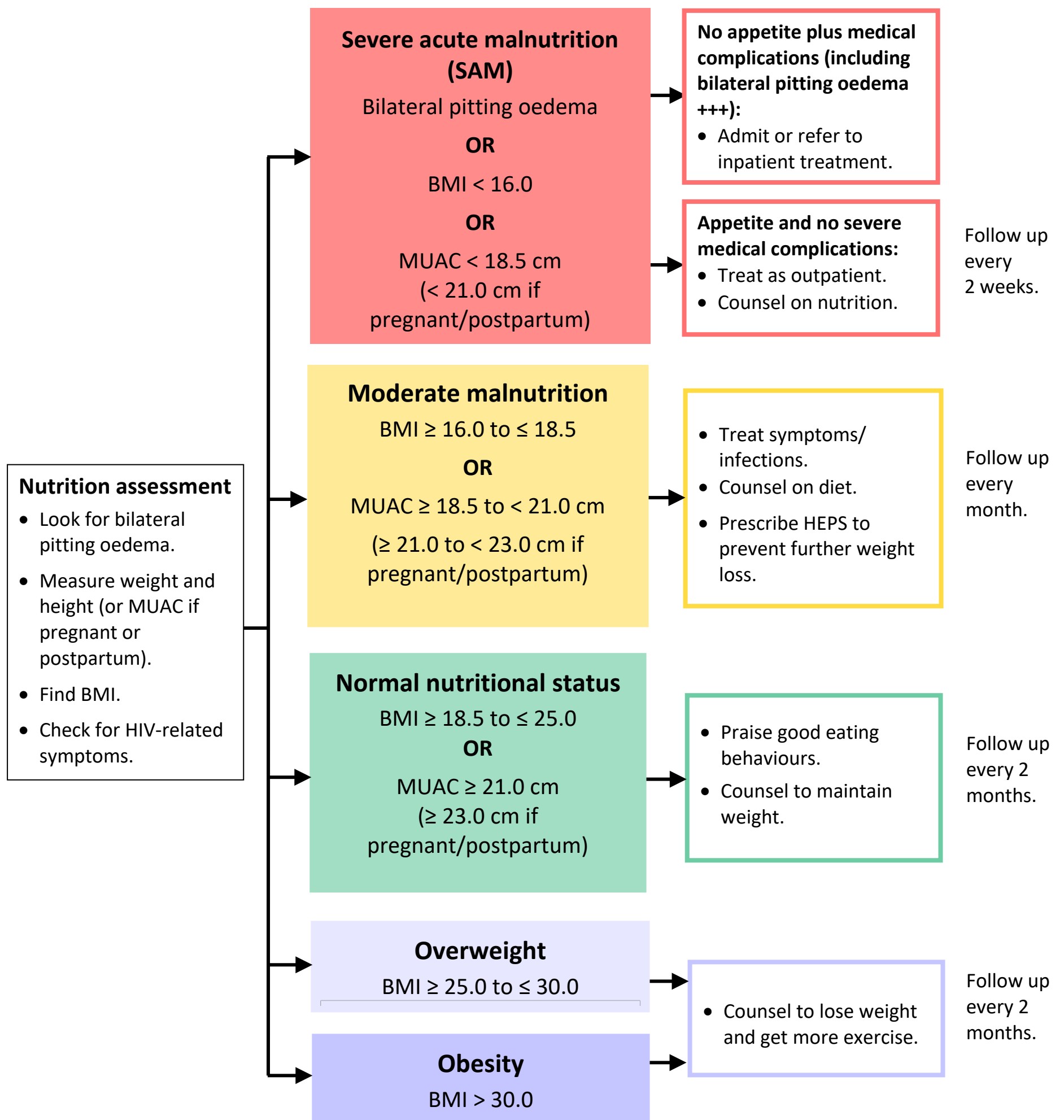
Entry criteria	Prescription	Transition/exit criteria
Severe acute malnutrition (SAM)		
Bilateral pitting oedema of any grade OR WHZ OR BMI-for-age: < -3 OR MUAC 24–59 months: < 11.5 cm 5–9 years: < 13.5 cm 10–14 years: < 16.0 cm 15–17 years: < 18.5 cm	Outpatient treatment: 24–59 months: 200 kcal/kg/day to last until next visit 5–10 years: 100 kcal/kg/day to last until the next visit 11–14 years: 75 kcal/kg/day to last until the next visit (See dosage table below.) 15–17 years: 2 sachets (184 g) of RUTF/day to last until the next visit	Transition to MAM if: No bilateral pitting oedema for more than 2 consecutive weeks AND WHZ OR BMI-for-age ≥ -3 OR MUAC 24–59 months: ≥ 11.5 cm 5–9 years: ≥ 13.5 cm 10–14 years: ≥ 16.0 cm 15–17 years: ≥ 18.5 cm
Moderate acute malnutrition (MAM)		
WHZ OR BMI-for-age ≥ -3 and < -2 OR MUAC 24–59 months: ≥ 11.5 and < 12.5 cm 5–9 years: ≥ 13.5 and < 14.5 cm 10–14 years: ≥ 16.0 and < 18.5 cm 15–17 years: ≥ 18.0 and < 21.0 cm	2–9 years: 100 g (1 bag) of HEPS/day to last until next visit 10–14 years: 200 g (2 bags) of HEPS/day to last until next visit 15–17 years: 300 g (3 bags) of HEPS/day to last until next visit	Transition to normal nutritional status if: WHZ OR BMI-for-age ≥ -2 OR MUAC 24–59 months: ≥ 12.5 cm 5–9 years: ≥ 14.5 cm 10–14 years: ≥ 18.5 cm 15–17 years: ≥ 21.0 cm

RUTF dosage table

Weight (kg)	6–23 months		24–59 months		5–10 years		11–17 years	
	200 kcal/kg/day		200 kcal/kg/day		75–100 kcal/kg/day		60–90 kcal/kg/day	
	Per day	Per week	Per day	Per week	Per day	Per week	Per day	Per week
3.0–3.5	1	7	1	7	½	3½	½	3½
3.5–3.9	1½	11	1½	11	¾	6	¾	5¼
4.0–4.9	2	14	2	14	1	7	¾	5¼
5.0–6.9	2½	18	2½	18	2¼	9	1¼	8
7.0–8.4	3	21	3	21	1½	11	1½	9½
8.5–9.4	3½	25	3½	25	1¾	13	1¾	12¼
9.5–10.4	4	28	4	28	2	14	1¾	12¼
10.5–11.9	4½	32	4½	32	2¼	16	2	14
12.0–19.9	5	35	5	35	2½	18	2¼	15
20.0 and over	5	35	8	56	4	28	3½	21

Algorithm for Management of Malnutrition in Adults

ASSESSMENT → **DIAGNOSIS** → **ACTION**



Body Mass Index (BMI) Chart for Adults

Remember:
Use MUAC for women who are pregnant and up to 6 months postpartum.

1. Find height in the left-hand column (y axis). If height is an odd number, use the next higher (even) number.
2. Find weight in the bottom row (x axis). If weight is an odd number, use the next lower (even) number.
3. The BMI is the point where the two lines meet.

200	8	9	9	10	10	11	11	12	12	13	13	14	14	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29																																										
198	8	9	9	10	10	11	11	12	12	13	13	14	14	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	26	26	27	27	28	28	29	29	30	30																																									
196	8	9	9	10	10	11	11	12	12	13	13	14	14	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	26	26	27	27	28	28	29	29	30	30	31	31																																							
194	9	9	10	10	11	11	12	12	13	13	14	14	15	15	16	16	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32																																							
192	9	9	10	10	11	11	12	13	13	14	14	15	15	16	16	17	17	18	18	19	20	20	21	21	22	22	23	23	24	24	25	25	26	27	27	28	28	29	29	30	30	31	31	32	32	33	33																																						
190	9	10	10	11	11	12	12	13	13	14	14	15	15	16	16	17	17	18	18	19	19	20	20	21	22	22	23	23	24	24	25	25	26	27	27	28	28	29	30	30	30	31	31	32	32	33	33																																						
188	9	10	10	11	11	12	12	13	14	14	15	15	16	16	17	18	18	19	19	20	20	21	22	22	23	23	24	24	25	25	26	27	27	28	28	29	29	30	31	31	31	32	32	33	33	34	34																																						
186	9	10	10	11	12	12	13	13	14	14	15	15	16	16	17	17	18	18	19	20	20	21	21	22	23	23	24	24	25	25	26	27	27	28	28	29	29	30	31	31	31	32	32	33	33	34	34																																						
184	10	10	11	11	12	12	13	14	14	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	24	24	25	25	26	27	27	28	28	29	30	30	31	31	31	32	32	33	33	34	34																																						
182	10	10	11	11	12	13	13	14	14	15	15	16	16	17	18	18	19	19	20	21	21	22	22	23	24	24	25	25	26	27	27	28	28	29	30	30	31	31	31	32	32	33	33	34	34	35	35																																						
180	10	10	11	12	12	13	14	14	15	15	16	17	17	18	18	19	19	20	20	21	22	22	23	23	24	25	25	26	27	27	28	28	29	30	30	31	31	31	32	32	33	33	34	34	35	35	36	36																																					
178	10	10	11	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	22	23	24	25	25	26	27	27	28	28	29	30	30	31	31	31	32	32	33	33	34	34	35	35	36	36	37	37																																					
176	10	11	12	12	13	14	14	15	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	26	27	28	28	29	30	30	31	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38																																				
174	10	11	12	13	13	14	15	15	16	17	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38																																					
172	11	11	12	13	14	14	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	39																																				
170	11	12	12	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	24	24	25	26	26	27	28	28	29	30	30	31	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	39	40	40																																			
168	11	12	13	13	14	15	16	16	17	18	18	19	20	21	21	22	23	23	24	25	26	26	27	28	28	29	30	30	31	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	39	40	40	41	41																																		
166	12	12	13	14	15	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	28	28	29	30	30	31	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	39	40	40	41	41	42	42																																	
164	12	13	13	14	15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	30	31	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	39	40	40	41	41	42	42	43	43																																
162	12	13	14	14	15	16	17	18	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	39	40	40	41	41	42	42	43	43	44	44																															
160	13	13	14	15	16	16	17	18	19	20	20	21	22	23	23	24	25	26	27	27	28	29	30	30	31	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	39	40	40	41	41	42	42	43	43	44	44	45	45																														
158	13	14	14	15	16	17	18	18	19	20	21	22	22	23	24	25	26	26	27	28	29	30	30	31	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	39	40	40	41	41	42	42	43	43	44	44	45	45	46	46																													
156	13	14	15	16	16	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	30	30	31	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	39	40	40	41	41	42	42	43	43	44	44	45	45	46	46	47	47																												
154	14	14	15	16	17	18	19	19	20	21	22	23	24	24	25	26	27	28	29	30	30	31	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	39	40	40	41	41	42	42	43	43	44	44	45	45	46	46	47	47	48	48																											
152	14	15	16	16	17	18	19	20	21	22	23	23	24	25	26	27	28	29	29	30	30	31	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	39	40	40	41	41	42	42	43	43	44	44	45	45	46	46	47	47	48	48	49	49																									
150	14	15	16	17	18	18	19	20	21	22	23	24	25	26	27	27	28	29	29	30	30	31	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	39	40	40	41	41	42	42	43	43	44	44	45	45	46	46	47	47	48	48	49	49	50	50																							
148	15	16	16	17	18	19	20	21	22	23	23	24	25	26	27	28	29	29	30	30	31	31	31	32	32	33	33	34	34	35	35	36	36	37	37	38	38	39	39	40	40	41	41	42	42	43	43	44	44	45	45	46	46	47	47	48	48	49	49	50	50	51	51																						
146	15	16	17	18	19	20	21	22	23	23	24	25	26	27	28	29	30	30	31	31	31	32	32	33	33	34	34	35	35	35	36	36	37	37	38	38	39	39	40	40	41	41	42	42	43	43	44	44	45	45	46	46	47	47	48	48	49	49	50	50	51	51	52	52																					
144	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30	31	31	31	32	32	33	33	34	34	35	35	35	36	36	37	37	38	38	39	39	40	40	41	41	42	42	43	43	44	44	45	45	46	46	47	47	48	48	49	49	50	50	51	51	52	52	53	53	54	54																		
Wt (kg)	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110	112	114	116	118	120	122	124	126	128	130	132	134	136	138	140	142	144	146	148	150	152	154	156	158	160	162	164	166	168	170	172	174	176	178	180	182	184	186	188	190	192	194	196	198	200

Severe malnutrition
(BMI < 16.0)

Moderate malnutrition
(BMI ≥ 16.0 to < 18.5)

Normal nutritional status
(BMI ≥ 18.5 to < 25.0)

Overweight
(BMI ≥ 25.0 to < 30.0)

Obesity
(BMI ≥ 30.0)

Specialised Food Product Prescription Guide for Adults

Adults (not pregnant or up to 6 months postpartum)

Entry criteria	Prescription	Transition/exit criteria
Severe acute malnutrition (SAM)		
Bilateral pitting oedema OR MUAC < 18.5 cm OR BMI < 16.0	Outpatient treatment: 276 g (3 sachets) of RUTF/day PLUS 400 g (4 bags) of HEPS/day to last until the next visit	Transition to MAM if: Sustained weight gain AND no oedema for 2 consecutive visits AND MUAC ≥ 18.5 cm OR BMI ≥ 16.0
Moderate malnutrition		
MUAC ≥ 18.5 and < 21.0 cm OR BMI ≥ 16.0 and < 18.5	400 g (4 bags) of HEPS/day to last until the next visit	Transition to normal nutritional status if: MUAC ≥ 21.0 cm for two consecutive visits OR BMI ≥ 18.5 for two consecutive visits

Pregnant women and women up to 6 months postpartum

Entry criteria	Prescription	Transition/exit criteria
Severe acute malnutrition (SAM)		
Bilateral pitting oedema OR MUAC < 21.0 cm	Outpatient treatment: 92 g (1 sachet) of RUTF/day PLUS 400 g (4 bags) of HEPS/day to last until the next visit	Transition to MAM if: MUAC ≥ 21.0 cm
Moderate malnutrition		
MUAC ≥ 21.0 and < 23.0 cm OR If pregnant: Weight loss for the past two visits	400 g (4 bags) of HEPS/day to last until the next visit	Transition to normal nutritional status if: MUAC ≥ 23.0 cm AND (if pregnant) Weight gain for the past two visits



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