

What is Body Mass Index?

For children, Body Mass Index (BMI) is used to screen for obesity, overweight, healthy weight, or underweight. BMI is a number calculated from a child's weight and height. BMI is a reliable indicator of body of how appropriate a child's weight is for their height for most children and teens.

After the BMI is calculated for children and teens, the number is then plotted on growth charts (for either girls or boys) to obtain a percentile ranking compared to other children the same age and gender. The growth charts show the weight status categories (underweight, healthy weight, overweight, and obese) used with children and teens.

This is the percentile breakdown according to the CDC:

Weight Status	Percentile Range
Underweight	<5%
Normal Range	5% to 85%
Overweight	85% to 95%
Obese	Greater than 95%



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"Partnering with our patients to make
it easier to be healthy"



 **South Shore
Medical Center**
Atrius Health



Facts about Pediatric Body Mass Index

What does SSMC offer?

SSMC is proud to offer a variety of ways to help you and your family, get and stay healthy!

- ★ 1-1 appointment with a registered dietician or pediatric nurse practitioner
- ★ Group education classes offered on a rotating basis:
 - ★ **Fiber and Protein (Intro Class):** Learn about the importance of fiber and protein combinations to keep your family healthy!
 - ★ **Food Labels & Behavior Change:** Become a food label detective and learn why fiber is important. Learn how to take this knowledge & change your family's habits
 - ★ **Picky Eating:** If your family has a picky eater learn how to introduce new and healthy foods without the power struggle and arguing
 - ★ **Fat:** Learn the difference between heart healthy and heart unhealthy fats and how much fat is in foods your family commonly eats
 - ★ **Sugar:** Learn about natural sugars vs. added sugars and how much sugar is in foods your family commonly eats
 - ★ **Sports Nutrition:** Learn how to keep your athlete healthy, hydrated and full of energy!
 - ★ **Healthy Meal Planning:** Ways to come up with healthy, easy snacks and meals
 - ★ **Exercise:** Ways to get your family moving and having fun even with busy schedules!
 - ★ **Dining Out & Portion Distortion:** How Portions have changed and how to make healthier choices when dining out
 - ★ **Healthy Food Shopping:** go on a supermarket tour with a registered dietician and learn how to make healthier choices when food shopping for your family
- ★ Comprehensive web site offering a variety of tips and techniques to help make your family healthier

★ www.shapeyourfuture.org ★

How much does it cost?

The classes or 1-1 appointment are the cost of your regular co-pay

Contact South Shore Medical Center or speak with your child's pediatrician if you have any questions about your child's weight or are interested in making an appointment or taking a class

781.878.5200

DID YOU KNOW?

- ★ That this generation is the first generation that is not expected to live as long as their parents (due in large part to obesity)
- ★ That 30% of adult obesity begins in childhood
- ★ That with the increase in childhood obesity there has been a 50% rise in type II diabetes in children
- ★ That 50% of children that have a BMI of 95% or more have high blood pressure during activity
- ★ That the higher a child's BMI is the more likely it is that they will have heart disease as an adult
- ★ That childhood obesity could decrease a person's life expectancy by two to five years
- ★ That children that are obese during childhood are more likely to experience clinical depression