To use the table, find the appropriate height in the left-hand column labeled Height. Move across to a given weight (in pounds). The number at the top of the column is the BMI at that height and weight. Pounds have been rounded off. *Children and adolescents DO NOT USE this chart. They use the BMI-for-age growth charts to interpret the BMI number because BMI is both age- and sex-specific for children and teens. These criteria are different from those used to interpret BMI for adults — which do not take into account age or sex.

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