

BMI less than 5<sup>th</sup> percentile – underweight  
BMI between 85<sup>th</sup> and 95<sup>th</sup> percentiles – at risk for overweight  
BMI equal to or greater than 95<sup>th</sup> percentile – overweight



Source: Centers for Disease Control and Prevention (CDC),  
U.S. Department of Health and Human Services  
[www.cdc.gov/growthcharts](http://www.cdc.gov/growthcharts)