Flanders 2004

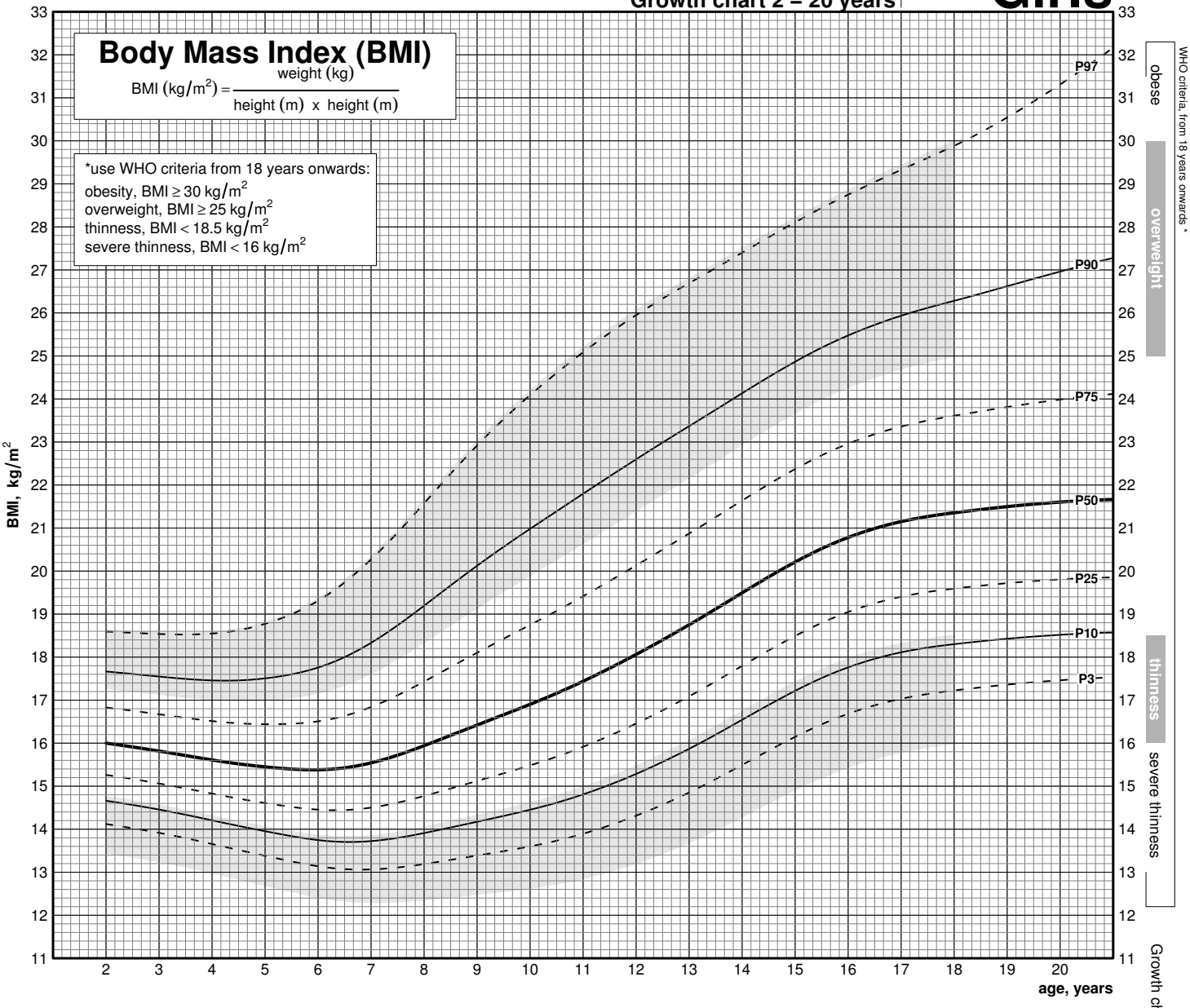
Growth chart 2 – 20 years

Girls

Body Mass Index (BMI)

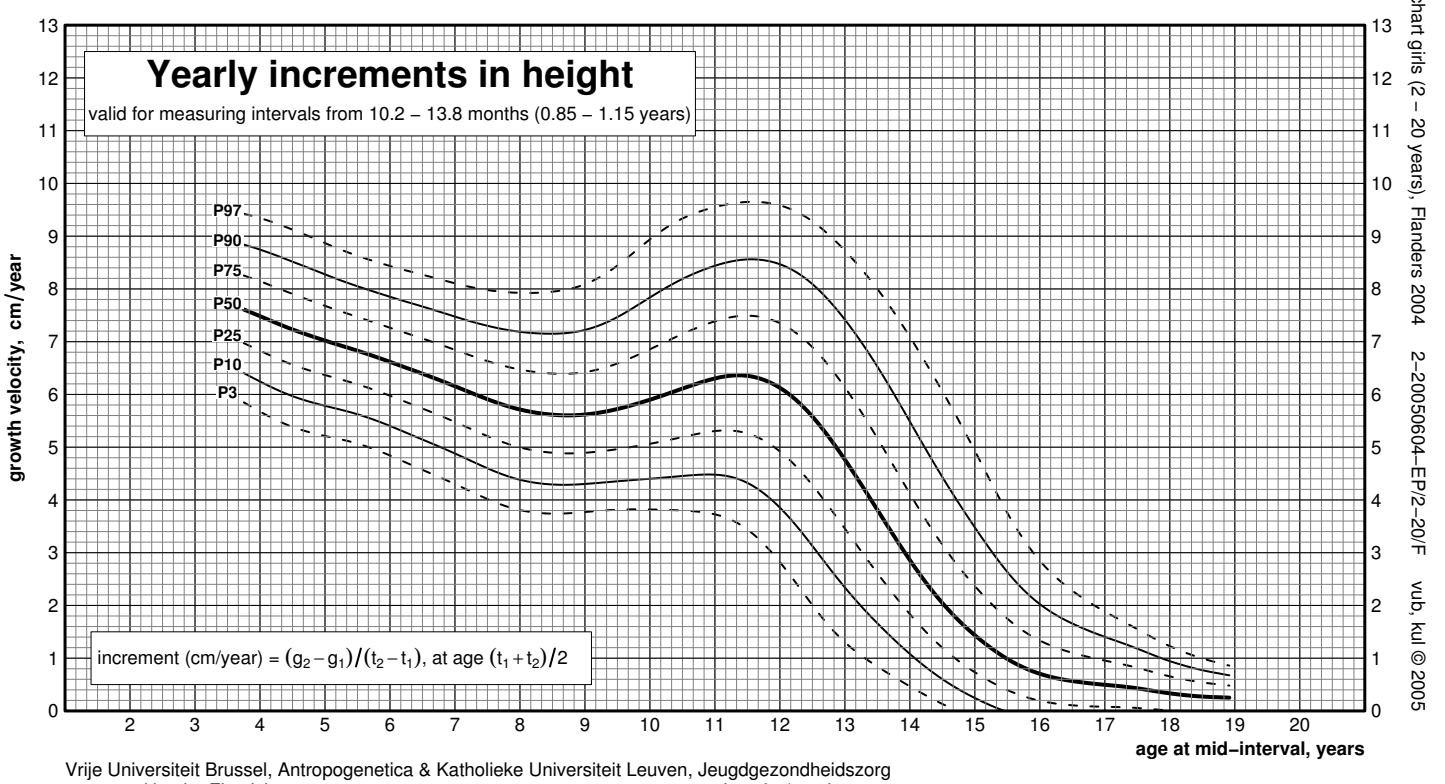
$$\text{BMI (kg/m}^2) = \frac{\text{weight (kg)}}{\text{height (m) x height (m)}}$$

*use WHO criteria from 18 years onwards:
obesity, BMI ≥ 30 kg/m²
overweight, BMI ≥ 25 kg/m²
thinness, BMI < 18.5 kg/m²
severe thinness, BMI < 16 kg/m²



Yearly increments in height

valid for measuring intervals from 10.2 – 13.8 months (0.85 – 1.15 years)



increment (cm/year) = $(g_2 - g_1)/(t_2 - t_1)$, at age $(t_1 + t_2)/2$

Growth chart girls (2 – 20 years), Flanders 2004 2–20050604–EP/2–20/F vub, kul © 2005

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