Body Mass Index (BMI) = \frac{\text{weight (kg)}}{\text{height (m)} \times \text{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) = \frac{(g_2 - g_1)}{(t_2 - t_1)} \times \frac{1}{2} at age \(t_1 + t_2\)/2

Vrije Universiteit Brussel, Antropogenetica & Katholieke Universiteit Leuven, Jeugdgezondheidszorg
supported by the Flemish government
www.vub.ac.be/groecurven