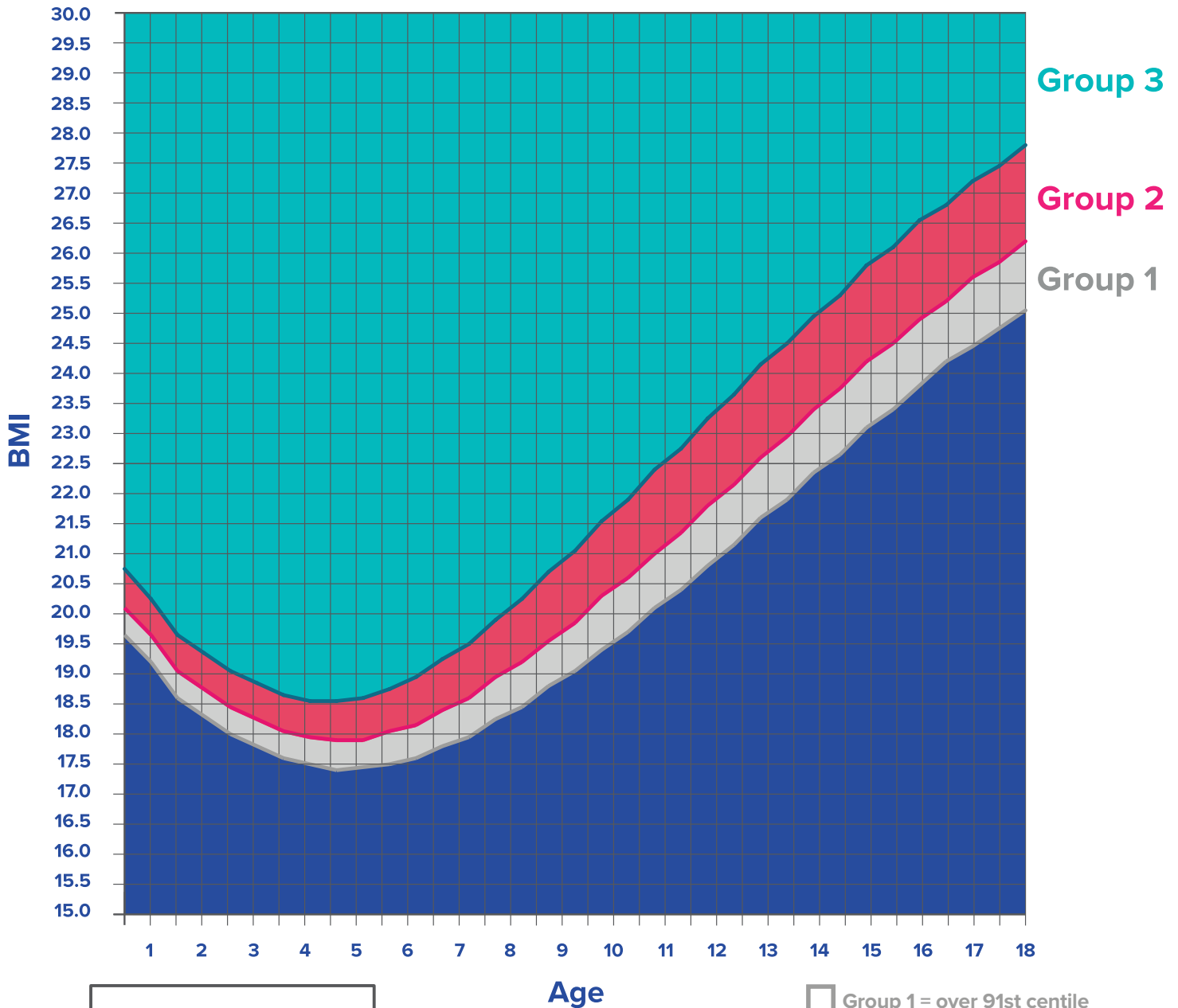


Boys BMI Chart

Helping just one family will make a huge difference



$$\text{BMI} = \frac{\text{Weight (kgs)}}{\text{Height}^2 \text{ (m)}}$$

- Group 1 = over 91st centile
- Group 2 = over 95th centile
- Group 3 = over 98th centile

If anyone aged 2-18 years has a BMI in groups 1, 2 or 3 then they are eligible for the OneLife Suffolk service.

To calculate BMI, use the NHS BMI healthy weight calculator at www.nhs.uk/Tools, or divide weight in kilograms by height squared (height x height) in metres. Then plot the BMI against age on the chart above.

For more information on OneLife Suffolk Clubs visit www.onelifesuffolk.co.uk

Call: 01473 718193

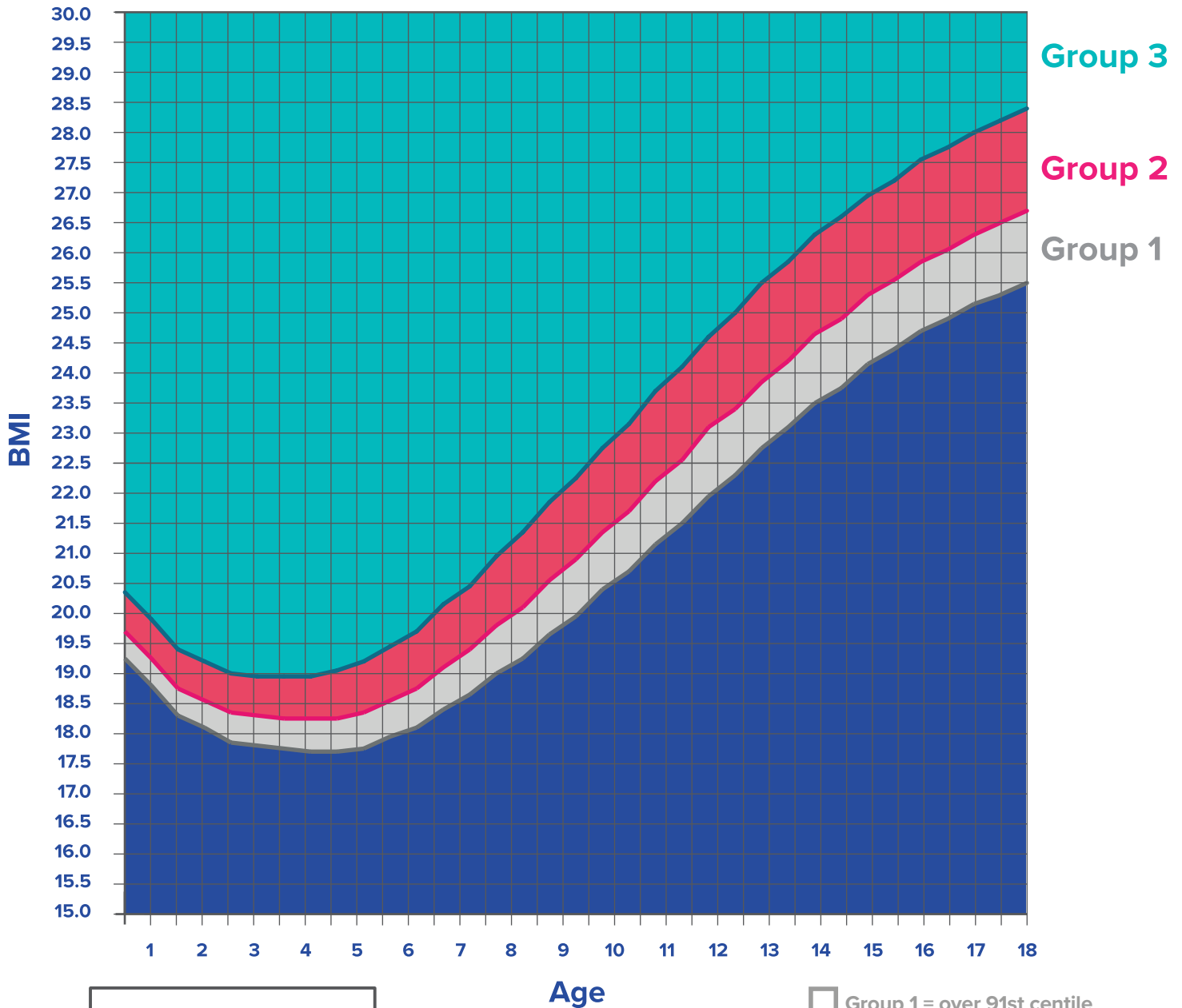
Visit: www.onelifesuffolk.co.uk

**One
Life
Suffolk**

Helping local people live healthier lives

Girls BMI Chart

Helping just one family will make a huge difference



$$\text{BMI} = \frac{\text{Weight (kgs)}}{\text{Height}^2 \text{ (m)}}$$

- Group 1 = over 91st centile
- Group 2 = over 95th centile
- Group 3 = over 98th centile

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