Healthy Eating — Active Living

BMI Age Growth Chart for Boys

BMI   **PERCENTILE**

44
42
40
38
36
34
32   **HIGH RISK**
30   95%
28
26   **AT RISK**   85%
24
22
20   **HEALTHY WEIGHT**   5%
18
16
14
12   **UNDERWEIGHT**
10

2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

AGE (Years)
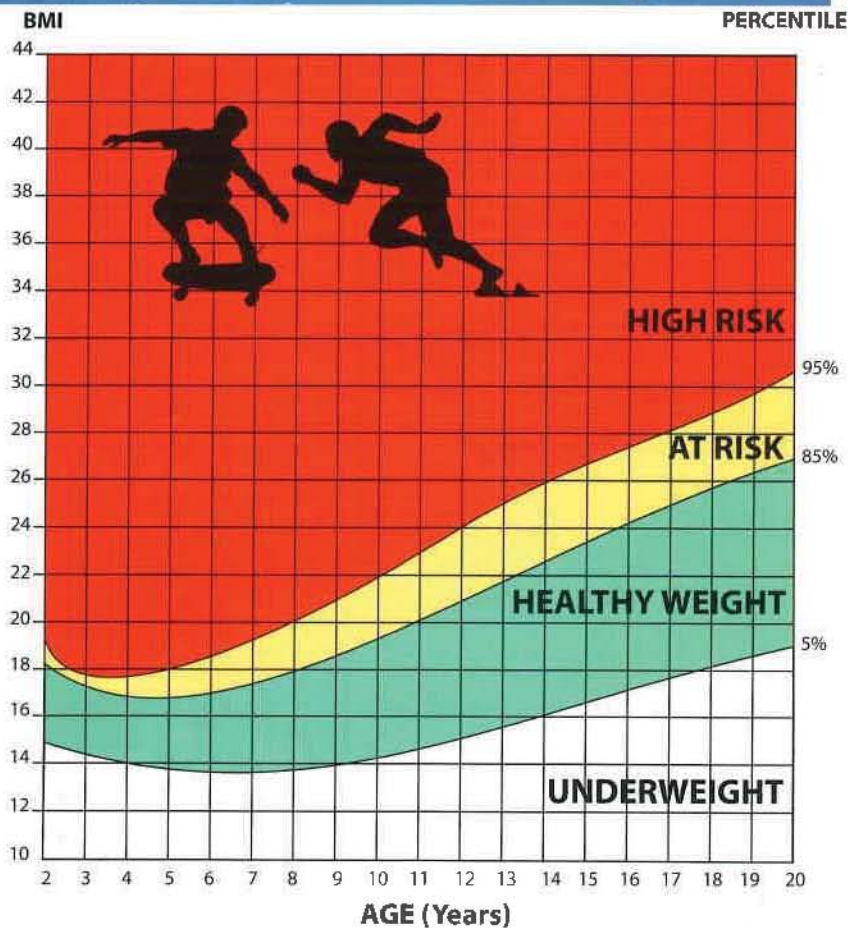
The white, yellow and red zones are of concern. Please see below for the things you can do to help your child:

High Risk	Discuss your child's health risks with your child's doctor. Your child may see the doctor frequently while they remain at high risk. Your family may be referred to a dietitian. Children who weigh too much are at risk for health problems such as: • Diabetes • Heart Disease and Strokes • High Cholesterol • High Blood Pressure • Sleeping Problems • Teasing
At Risk	Discuss your child's health risks with your child's doctor. Your child may see the doctor frequently while they remain at risk. Your family may be referred to a dietitian.
Healthy Weight	Great job! Offer healthy foods and schedule time for daily active play and movement.
Underweight	Schedule an exam with your doctor for more help and referrals. Your family may be referred to a dietitian.

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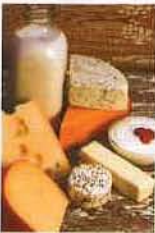
Healthy Tips For All Children

5   5   Servings of fruits and vegetables a day.

4   4   Glasses of water a day.

3   3   Servings of dairy a day.

2   2   Hours or less of screen time including TV, computer and video games.

1   1   Hour or more of exercise per day.

0   0   No fast food, soda or sweetened beverages.

The number of children who weigh more than they should has doubled in the last 20 years. This is mainly because of the types of foods they eat and not being active enough. Today's children could be the first group of children to die at a younger age than their parents simply because of excess weight.

Protect your family's health and your child's life.

Where to Get Help

Make an appointment to see your doctor or contact:

Children's Hospital & Research Center Oakland HEAL Program   HEAL (510) 428-3762
- Weight Management Clinic
- Health Education Classes

WIC: For children that are 0-5 years old and enrolled in the WIC program, speak to your WIC counselor about concerns of weight and health risks. (888) 942-9675