New CDC Growth Charts

Advantages of BMI-for-Age

1. Provides a reference for adolescents that was not previously available

2. Consistent with adult standards so can be used continuously from 2 years of age to adulthood

3. Tracks childhood overweight into adulthood

4. BMI-for-age relates to health risks
   - Correlates with clinical risk factors for cardiovascular disease including hyperlipidemia, elevated insulin, and high blood pressure
   - BMI-for-age during pubescence is related to lipid levels and high blood pressure in middle age

Interpreting the BMI-for-Age Chart

1. BMI-for-age indicates a child’s weight in relation to his/her height for a specific age and gender

2. Need a series of BMI plots to determine the growth trend

3. If indices deviate from normal growth patterns, further assessment may be needed