

International BMI cut-off points for overweight  
and obesity for children 2 yrs – 10 yrs

Age-years	Overweight	Male	Female	Obesity	Male	Female
2		18.41	18.02		20.09	19.81
2.5		18.13	17.76		19.80	19.55
3		17.89	17.56		19.57	19.36
3.5		17.69	17.40		19.39	19.23
4		17.55	17.28		19.29	19.15
4.5		17.47	17.19		19.26	19.12
5		17.42	17.15		19.30	19.17
5.5		17.45	17.20		19.47	19.34
6		17.55	17.34		19.78	19.65
6.5		17.71	17.53		20.23	20.08
7		17.92	17.75		20.63	20.51
7.5		18.16	18.03		21.09	21.01
8		18.44	18.35		21.60	21.57
8.5		18.76	18.69		22.17	22.18
9		19.10	19.07		22.77	22.81
9.5		19.46	19.45		23.39	23.46
10		19.84	19.86		24.00	24.11

NHMRC (2003), "Food for Health- Dietary Guidelines for children and Adolescents in Australia"