**Figure 1.  Example BMI conversion chart (taken from the UK WHO Growth Chart 0-4 years).**

## How to use this chart

1. First log the child's height and weight on separate height and weight centile charts.
2. On the BMI conversion chart locate the child's weight centile (left axis) and read across horizontally until you are in line with the child's height centile (bottom axis).
3. Follow the closest parallel blue lines up to the right to determine the child's BMI centile.

**See overleaf for a worked example.**

If a child is on the 98th centile for weight:
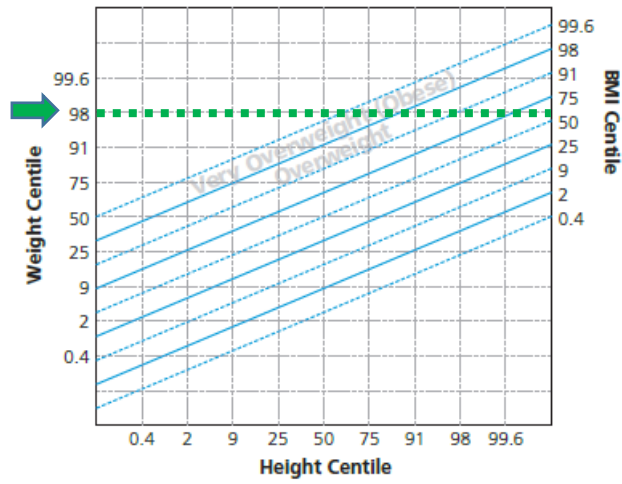


And on the 75th centile for height:
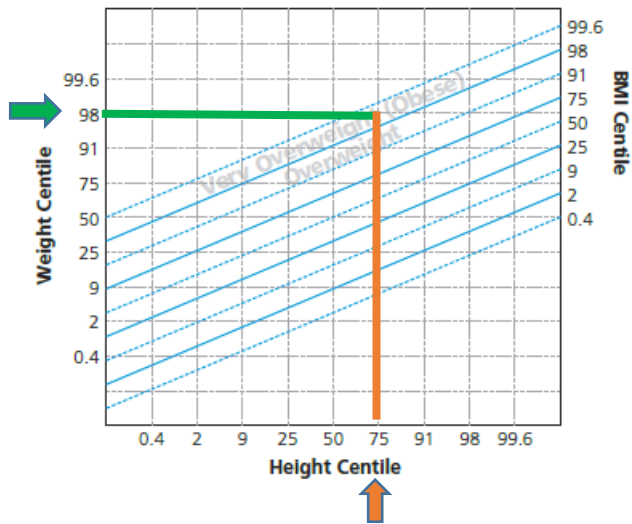


They will fall between the 98th (obese) and 99.6th (severely obese) centiles for BMI: