



- The 2000 CDC growth charts track children through 19 years of age, 2 years longer than the 1977 NCHS charts.
- The 3rd and 97th percentiles were added to each of the new growth charts. In addition, to identify children at risk for weight problems, the 85th percentile was added to the weight-for-stature and BMI-for-age charts.
- The 2000 CDC growth charts meet both research and clinical needs by providing graphs and computer software containing the growth charts.
- The transition between the infant charts and the charts for older children ages 24–36 months is better in the 2000 CDC growth charts than in the 1977 NCHS growth charts. This is because nationally representative data have been used for both the infants and older children.

To determine the BMI of a 7-year-old girl weighing 55 pounds and measuring 48 inches, calculate weight in kilograms divided by height in meters squared ( $\text{kg}/\text{m}^2$ ). To convert from English to metric units, multiply the entire equation by 703 ( $\text{BMI}=55 \div 48 \div 48 \times 703 = 16.8$ ). Plotting 16.8 at age 7 on the BMI chart on the right for girls shows that she is just above the 75th percentile, so her BMI is higher than approximately 75 percent of girls in the United States.

The 2000 CDC growth charts have received widespread distribution through the internet (<http://www.cdc.gov/growthcharts>), professional organizations, pharmaceutical companies, and in CDC's EpiInfo program. EpiInfo 2000, available free on the internet, has a nutrition module that plots children on growth charts and calculates percentiles (<http://www.cdc.gov/epiinfo>).



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