

# BMI-for-age GIRLS

5 to 19 years (z-scores)



| Year: Month | Month | Z-scores (BMI in kg/m <sup>2</sup> ) |         |         |       |       |       |        |      |      |      |
|-------------|-------|--------------------------------------|---------|---------|-------|-------|-------|--------|------|------|------|
|             |       | L                                    | M       | S       | -3 SD | -2 SD | -1 SD | Median | 1 SD | 2 SD | 3 SD |
| 5: 1        | 61    | -0.8886                              | 15.2441 | 0.09692 | 11.8  | 12.7  | 13.9  | 15.2   | 16.9 | 18.9 | 21.3 |
| 5: 2        | 62    | -0.9068                              | 15.2434 | 0.09738 | 11.8  | 12.7  | 13.9  | 15.2   | 16.9 | 18.9 | 21.4 |
| 5: 3        | 63    | -0.9248                              | 15.2433 | 0.09783 | 11.8  | 12.7  | 13.9  | 15.2   | 16.9 | 18.9 | 21.5 |
| 5: 4        | 64    | -0.9427                              | 15.2438 | 0.09829 | 11.8  | 12.7  | 13.9  | 15.2   | 16.9 | 18.9 | 21.5 |
| 5: 5        | 65    | -0.9605                              | 15.2448 | 0.09875 | 11.7  | 12.7  | 13.9  | 15.2   | 16.9 | 19.0 | 21.6 |
| 5: 6        | 66    | -0.9780                              | 15.2464 | 0.09920 | 11.7  | 12.7  | 13.9  | 15.2   | 16.9 | 19.0 | 21.7 |
| 5: 7        | 67    | -0.9954                              | 15.2487 | 0.09966 | 11.7  | 12.7  | 13.9  | 15.2   | 16.9 | 19.0 | 21.7 |
| 5: 8        | 68    | -1.0126                              | 15.2516 | 0.10012 | 11.7  | 12.7  | 13.9  | 15.3   | 17.0 | 19.1 | 21.8 |
| 5: 9        | 69    | -1.0296                              | 15.2551 | 0.10058 | 11.7  | 12.7  | 13.9  | 15.3   | 17.0 | 19.1 | 21.9 |
| 5:10        | 70    | -1.0464                              | 15.2592 | 0.10104 | 11.7  | 12.7  | 13.9  | 15.3   | 17.0 | 19.1 | 22.0 |
| 5:11        | 71    | -1.0630                              | 15.2641 | 0.10149 | 11.7  | 12.7  | 13.9  | 15.3   | 17.0 | 19.2 | 22.1 |
| 6: 0        | 72    | -1.0794                              | 15.2697 | 0.10195 | 11.7  | 12.7  | 13.9  | 15.3   | 17.0 | 19.2 | 22.1 |
| 6: 1        | 73    | -1.0956                              | 15.2760 | 0.10241 | 11.7  | 12.7  | 13.9  | 15.3   | 17.0 | 19.3 | 22.2 |
| 6: 2        | 74    | -1.1115                              | 15.2831 | 0.10287 | 11.7  | 12.7  | 13.9  | 15.3   | 17.0 | 19.3 | 22.3 |
| 6: 3        | 75    | -1.1272                              | 15.2911 | 0.10333 | 11.7  | 12.7  | 13.9  | 15.3   | 17.1 | 19.3 | 22.4 |
| 6: 4        | 76    | -1.1427                              | 15.2998 | 0.10379 | 11.7  | 12.7  | 13.9  | 15.3   | 17.1 | 19.4 | 22.5 |
| 6: 5        | 77    | -1.1579                              | 15.3095 | 0.10425 | 11.7  | 12.7  | 13.9  | 15.3   | 17.1 | 19.4 | 22.6 |
| 6: 6        | 78    | -1.1728                              | 15.3200 | 0.10471 | 11.7  | 12.7  | 13.9  | 15.3   | 17.1 | 19.5 | 22.7 |
| 6: 7        | 79    | -1.1875                              | 15.3314 | 0.10517 | 11.7  | 12.7  | 13.9  | 15.3   | 17.2 | 19.5 | 22.8 |
| 6: 8        | 80    | -1.2019                              | 15.3439 | 0.10562 | 11.7  | 12.7  | 13.9  | 15.3   | 17.2 | 19.6 | 22.9 |
| 6: 9        | 81    | -1.2160                              | 15.3572 | 0.10608 | 11.7  | 12.7  | 13.9  | 15.4   | 17.2 | 19.6 | 23.0 |
| 6:10        | 82    | -1.2298                              | 15.3717 | 0.10654 | 11.7  | 12.7  | 13.9  | 15.4   | 17.2 | 19.7 | 23.1 |
| 6:11        | 83    | -1.2433                              | 15.3871 | 0.10700 | 11.7  | 12.7  | 13.9  | 15.4   | 17.3 | 19.7 | 23.2 |
| 7: 0        | 84    | -1.2565                              | 15.4036 | 0.10746 | 11.8  | 12.7  | 13.9  | 15.4   | 17.3 | 19.8 | 23.3 |
| 7: 1        | 85    | -1.2693                              | 15.4211 | 0.10792 | 11.8  | 12.7  | 13.9  | 15.4   | 17.3 | 19.8 | 23.4 |
| 7: 2        | 86    | -1.2819                              | 15.4397 | 0.10837 | 11.8  | 12.8  | 14.0  | 15.4   | 17.4 | 19.9 | 23.5 |

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5 to 19 years (z-scores)



| Year: Month | Month | L       | M       | S       | Z-scores (BMI in kg/m <sup>2</sup> ) |       |       |        |      |      |      |
|-------------|-------|---------|---------|---------|--------------------------------------|-------|-------|--------|------|------|------|
|             |       |         |         |         | -3 SD                                | -2 SD | -1 SD | Median | 1 SD | 2 SD | 3 SD |
| 7: 3        | 87    | -1.2941 | 15.4593 | 0.10883 | 11.8                                 | 12.8  | 14.0  | 15.5   | 17.4 | 20.0 | 23.6 |
| 7: 4        | 88    | -1.3060 | 15.4798 | 0.10929 | 11.8                                 | 12.8  | 14.0  | 15.5   | 17.4 | 20.0 | 23.7 |
| 7: 5        | 89    | -1.3175 | 15.5014 | 0.10974 | 11.8                                 | 12.8  | 14.0  | 15.5   | 17.5 | 20.1 | 23.9 |
| 7: 6        | 90    | -1.3287 | 15.5240 | 0.11020 | 11.8                                 | 12.8  | 14.0  | 15.5   | 17.5 | 20.1 | 24.0 |
| 7: 7        | 91    | -1.3395 | 15.5476 | 0.11065 | 11.8                                 | 12.8  | 14.0  | 15.5   | 17.5 | 20.2 | 24.1 |
| 7: 8        | 92    | -1.3499 | 15.5723 | 0.11110 | 11.8                                 | 12.8  | 14.0  | 15.6   | 17.6 | 20.3 | 24.2 |
| 7: 9        | 93    | -1.3600 | 15.5979 | 0.11156 | 11.8                                 | 12.8  | 14.1  | 15.6   | 17.6 | 20.3 | 24.4 |
| 7:10        | 94    | -1.3697 | 15.6246 | 0.11201 | 11.9                                 | 12.9  | 14.1  | 15.6   | 17.6 | 20.4 | 24.5 |
| 7:11        | 95    | -1.3790 | 15.6523 | 0.11246 | 11.9                                 | 12.9  | 14.1  | 15.7   | 17.7 | 20.5 | 24.6 |
| 8: 0        | 96    | -1.3880 | 15.6810 | 0.11291 | 11.9                                 | 12.9  | 14.1  | 15.7   | 17.7 | 20.6 | 24.8 |
| 8: 1        | 97    | -1.3966 | 15.7107 | 0.11335 | 11.9                                 | 12.9  | 14.1  | 15.7   | 17.8 | 20.6 | 24.9 |
| 8: 2        | 98    | -1.4047 | 15.7415 | 0.11380 | 11.9                                 | 12.9  | 14.2  | 15.7   | 17.8 | 20.7 | 25.1 |
| 8: 3        | 99    | -1.4125 | 15.7732 | 0.11424 | 11.9                                 | 12.9  | 14.2  | 15.8   | 17.9 | 20.8 | 25.2 |
| 8: 4        | 100   | -1.4199 | 15.8058 | 0.11469 | 11.9                                 | 13.0  | 14.2  | 15.8   | 17.9 | 20.9 | 25.3 |
| 8: 5        | 101   | -1.4270 | 15.8394 | 0.11513 | 12.0                                 | 13.0  | 14.2  | 15.8   | 18.0 | 20.9 | 25.5 |
| 8: 6        | 102   | -1.4336 | 15.8738 | 0.11557 | 12.0                                 | 13.0  | 14.3  | 15.9   | 18.0 | 21.0 | 25.6 |
| 8: 7        | 103   | -1.4398 | 15.9090 | 0.11601 | 12.0                                 | 13.0  | 14.3  | 15.9   | 18.1 | 21.1 | 25.8 |
| 8: 8        | 104   | -1.4456 | 15.9451 | 0.11644 | 12.0                                 | 13.0  | 14.3  | 15.9   | 18.1 | 21.2 | 25.9 |
| 8: 9        | 105   | -1.4511 | 15.9818 | 0.11688 | 12.0                                 | 13.1  | 14.3  | 16.0   | 18.2 | 21.3 | 26.1 |
| 8:10        | 106   | -1.4561 | 16.0194 | 0.11731 | 12.1                                 | 13.1  | 14.4  | 16.0   | 18.2 | 21.3 | 26.2 |
| 8:11        | 107   | -1.4607 | 16.0575 | 0.11774 | 12.1                                 | 13.1  | 14.4  | 16.1   | 18.3 | 21.4 | 26.4 |
| 9: 0        | 108   | -1.4650 | 16.0964 | 0.11816 | 12.1                                 | 13.1  | 14.4  | 16.1   | 18.3 | 21.5 | 26.5 |
| 9: 1        | 109   | -1.4688 | 16.1358 | 0.11859 | 12.1                                 | 13.2  | 14.5  | 16.1   | 18.4 | 21.6 | 26.7 |
| 9: 2        | 110   | -1.4723 | 16.1759 | 0.11901 | 12.1                                 | 13.2  | 14.5  | 16.2   | 18.4 | 21.7 | 26.8 |
| 9: 3        | 111   | -1.4753 | 16.2166 | 0.11943 | 12.2                                 | 13.2  | 14.5  | 16.2   | 18.5 | 21.8 | 27.0 |

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5 to 19 years (z-scores)

| Year: Month | Month | L       | M       | S       | Z-scores (BMI in kg/m <sup>2</sup> ) |       |       |        |      |      |      |
|-------------|-------|---------|---------|---------|--------------------------------------|-------|-------|--------|------|------|------|
|             |       |         |         |         | -3 SD                                | -2 SD | -1 SD | Median | 1 SD | 2 SD | 3 SD |
| 9: 4        | 112   | -1.4780 | 16.2580 | 0.11985 | 12.2                                 | 13.2  | 14.6  | 16.3   | 18.6 | 21.9 | 27.2 |
| 9: 5        | 113   | -1.4803 | 16.2999 | 0.12026 | 12.2                                 | 13.3  | 14.6  | 16.3   | 18.6 | 21.9 | 27.3 |
| 9: 6        | 114   | -1.4823 | 16.3425 | 0.12067 | 12.2                                 | 13.3  | 14.6  | 16.3   | 18.7 | 22.0 | 27.5 |
| 9: 7        | 115   | -1.4838 | 16.3858 | 0.12108 | 12.3                                 | 13.3  | 14.7  | 16.4   | 18.7 | 22.1 | 27.6 |
| 9: 8        | 116   | -1.4850 | 16.4298 | 0.12148 | 12.3                                 | 13.4  | 14.7  | 16.4   | 18.8 | 22.2 | 27.8 |
| 9: 9        | 117   | -1.4859 | 16.4746 | 0.12188 | 12.3                                 | 13.4  | 14.7  | 16.5   | 18.8 | 22.3 | 27.9 |
| 9:10        | 118   | -1.4864 | 16.5200 | 0.12228 | 12.3                                 | 13.4  | 14.8  | 16.5   | 18.9 | 22.4 | 28.1 |
| 9:11        | 119   | -1.4866 | 16.5663 | 0.12268 | 12.4                                 | 13.4  | 14.8  | 16.6   | 19.0 | 22.5 | 28.2 |
| 10: 0       | 120   | -1.4864 | 16.6133 | 0.12307 | 12.4                                 | 13.5  | 14.8  | 16.6   | 19.0 | 22.6 | 28.4 |
| 10: 1       | 121   | -1.4859 | 16.6612 | 0.12346 | 12.4                                 | 13.5  | 14.9  | 16.7   | 19.1 | 22.7 | 28.5 |
| 10: 2       | 122   | -1.4851 | 16.7100 | 0.12384 | 12.4                                 | 13.5  | 14.9  | 16.7   | 19.2 | 22.8 | 28.7 |
| 10: 3       | 123   | -1.4839 | 16.7595 | 0.12422 | 12.5                                 | 13.6  | 15.0  | 16.8   | 19.2 | 22.8 | 28.8 |
| 10: 4       | 124   | -1.4825 | 16.8100 | 0.12460 | 12.5                                 | 13.6  | 15.0  | 16.8   | 19.3 | 22.9 | 29.0 |
| 10: 5       | 125   | -1.4807 | 16.8614 | 0.12497 | 12.5                                 | 13.6  | 15.0  | 16.9   | 19.4 | 23.0 | 29.1 |
| 10: 6       | 126   | -1.4787 | 16.9136 | 0.12534 | 12.5                                 | 13.7  | 15.1  | 16.9   | 19.4 | 23.1 | 29.3 |
| 10: 7       | 127   | -1.4763 | 16.9667 | 0.12571 | 12.6                                 | 13.7  | 15.1  | 17.0   | 19.5 | 23.2 | 29.4 |
| 10: 8       | 128   | -1.4737 | 17.0208 | 0.12607 | 12.6                                 | 13.7  | 15.2  | 17.0   | 19.6 | 23.3 | 29.6 |
| 10: 9       | 129   | -1.4708 | 17.0757 | 0.12643 | 12.6                                 | 13.8  | 15.2  | 17.1   | 19.6 | 23.4 | 29.7 |
| 10:10       | 130   | -1.4677 | 17.1316 | 0.12678 | 12.7                                 | 13.8  | 15.3  | 17.1   | 19.7 | 23.5 | 29.9 |
| 10:11       | 131   | -1.4642 | 17.1883 | 0.12713 | 12.7                                 | 13.8  | 15.3  | 17.2   | 19.8 | 23.6 | 30.0 |
| 11: 0       | 132   | -1.4606 | 17.2459 | 0.12748 | 12.7                                 | 13.9  | 15.3  | 17.2   | 19.9 | 23.7 | 30.2 |
| 11: 1       | 133   | -1.4567 | 17.3044 | 0.12782 | 12.8                                 | 13.9  | 15.4  | 17.3   | 19.9 | 23.8 | 30.3 |
| 11: 2       | 134   | -1.4526 | 17.3637 | 0.12816 | 12.8                                 | 14.0  | 15.4  | 17.4   | 20.0 | 23.9 | 30.5 |
| 11: 3       | 135   | -1.4482 | 17.4238 | 0.12849 | 12.8                                 | 14.0  | 15.5  | 17.4   | 20.1 | 24.0 | 30.6 |

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5 to 19 years (z-scores)

| Year: Month | Month | L       | M       | S       | Z-scores (BMI in kg/m <sup>2</sup> ) |       |       |        |      |      |      |
|-------------|-------|---------|---------|---------|--------------------------------------|-------|-------|--------|------|------|------|
|             |       |         |         |         | -3 SD                                | -2 SD | -1 SD | Median | 1 SD | 2 SD | 3 SD |
| 11: 4       | 136   | -1.4436 | 17.4847 | 0.12882 | 12.9                                 | 14.0  | 15.5  | 17.5   | 20.2 | 24.1 | 30.8 |
| 11: 5       | 137   | -1.4389 | 17.5464 | 0.12914 | 12.9                                 | 14.1  | 15.6  | 17.5   | 20.2 | 24.2 | 30.9 |
| 11: 6       | 138   | -1.4339 | 17.6088 | 0.12946 | 12.9                                 | 14.1  | 15.6  | 17.6   | 20.3 | 24.3 | 31.1 |
| 11: 7       | 139   | -1.4288 | 17.6719 | 0.12978 | 13.0                                 | 14.2  | 15.7  | 17.7   | 20.4 | 24.4 | 31.2 |
| 11: 8       | 140   | -1.4235 | 17.7357 | 0.13009 | 13.0                                 | 14.2  | 15.7  | 17.7   | 20.5 | 24.5 | 31.4 |
| 11: 9       | 141   | -1.4180 | 17.8001 | 0.13040 | 13.0                                 | 14.3  | 15.8  | 17.8   | 20.6 | 24.7 | 31.5 |
| 11:10       | 142   | -1.4123 | 17.8651 | 0.13070 | 13.1                                 | 14.3  | 15.8  | 17.9   | 20.6 | 24.8 | 31.6 |
| 11:11       | 143   | -1.4065 | 17.9306 | 0.13099 | 13.1                                 | 14.3  | 15.9  | 17.9   | 20.7 | 24.9 | 31.8 |
| 12: 0       | 144   | -1.4006 | 17.9966 | 0.13129 | 13.2                                 | 14.4  | 16.0  | 18.0   | 20.8 | 25.0 | 31.9 |
| 12: 1       | 145   | -1.3945 | 18.0630 | 0.13158 | 13.2                                 | 14.4  | 16.0  | 18.1   | 20.9 | 25.1 | 32.0 |
| 12: 2       | 146   | -1.3883 | 18.1297 | 0.13186 | 13.2                                 | 14.5  | 16.1  | 18.1   | 21.0 | 25.2 | 32.2 |
| 12: 3       | 147   | -1.3819 | 18.1967 | 0.13214 | 13.3                                 | 14.5  | 16.1  | 18.2   | 21.1 | 25.3 | 32.3 |
| 12: 4       | 148   | -1.3755 | 18.2639 | 0.13241 | 13.3                                 | 14.6  | 16.2  | 18.3   | 21.1 | 25.4 | 32.4 |
| 12: 5       | 149   | -1.3689 | 18.3312 | 0.13268 | 13.3                                 | 14.6  | 16.2  | 18.3   | 21.2 | 25.5 | 32.6 |
| 12: 6       | 150   | -1.3621 | 18.3986 | 0.13295 | 13.4                                 | 14.7  | 16.3  | 18.4   | 21.3 | 25.6 | 32.7 |
| 12: 7       | 151   | -1.3553 | 18.4660 | 0.13321 | 13.4                                 | 14.7  | 16.3  | 18.5   | 21.4 | 25.7 | 32.8 |
| 12: 8       | 152   | -1.3483 | 18.5333 | 0.13347 | 13.5                                 | 14.8  | 16.4  | 18.5   | 21.5 | 25.8 | 33.0 |
| 12: 9       | 153   | -1.3413 | 18.6006 | 0.13372 | 13.5                                 | 14.8  | 16.4  | 18.6   | 21.6 | 25.9 | 33.1 |
| 12:10       | 154   | -1.3341 | 18.6677 | 0.13397 | 13.5                                 | 14.8  | 16.5  | 18.7   | 21.6 | 26.0 | 33.2 |
| 12:11       | 155   | -1.3269 | 18.7346 | 0.13421 | 13.6                                 | 14.9  | 16.6  | 18.7   | 21.7 | 26.1 | 33.3 |
| 13: 0       | 156   | -1.3195 | 18.8012 | 0.13445 | 13.6                                 | 14.9  | 16.6  | 18.8   | 21.8 | 26.2 | 33.4 |
| 13: 1       | 157   | -1.3121 | 18.8675 | 0.13469 | 13.6                                 | 15.0  | 16.7  | 18.9   | 21.9 | 26.3 | 33.6 |
| 13: 2       | 158   | -1.3046 | 18.9335 | 0.13492 | 13.7                                 | 15.0  | 16.7  | 18.9   | 22.0 | 26.4 | 33.7 |
| 13: 3       | 159   | -1.2970 | 18.9991 | 0.13514 | 13.7                                 | 15.1  | 16.8  | 19.0   | 22.0 | 26.5 | 33.8 |

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| Year: Month | Month | L       | M       | S       | Z-scores (BMI in kg/m <sup>2</sup> ) |       |       |        |      |      |      |
|-------------|-------|---------|---------|---------|--------------------------------------|-------|-------|--------|------|------|------|
|             |       |         |         |         | -3 SD                                | -2 SD | -1 SD | Median | 1 SD | 2 SD | 3 SD |
| 13: 4       | 160   | -1.2894 | 19.0642 | 0.13537 | 13.8                                 | 15.1  | 16.8  | 19.1   | 22.1 | 26.6 | 33.9 |
| 13: 5       | 161   | -1.2816 | 19.1289 | 0.13559 | 13.8                                 | 15.2  | 16.9  | 19.1   | 22.2 | 26.7 | 34.0 |
| 13: 6       | 162   | -1.2739 | 19.1931 | 0.13580 | 13.8                                 | 15.2  | 16.9  | 19.2   | 22.3 | 26.8 | 34.1 |
| 13: 7       | 163   | -1.2661 | 19.2567 | 0.13601 | 13.9                                 | 15.2  | 17.0  | 19.3   | 22.4 | 26.9 | 34.2 |
| 13: 8       | 164   | -1.2583 | 19.3197 | 0.13622 | 13.9                                 | 15.3  | 17.0  | 19.3   | 22.4 | 27.0 | 34.3 |
| 13: 9       | 165   | -1.2504 | 19.3820 | 0.13642 | 13.9                                 | 15.3  | 17.1  | 19.4   | 22.5 | 27.1 | 34.4 |
| 13:10       | 166   | -1.2425 | 19.4437 | 0.13662 | 14.0                                 | 15.4  | 17.1  | 19.4   | 22.6 | 27.1 | 34.5 |
| 13:11       | 167   | -1.2345 | 19.5045 | 0.13681 | 14.0                                 | 15.4  | 17.2  | 19.5   | 22.7 | 27.2 | 34.6 |
| 14: 0       | 168   | -1.2266 | 19.5647 | 0.13700 | 14.0                                 | 15.4  | 17.2  | 19.6   | 22.7 | 27.3 | 34.7 |
| 14: 1       | 169   | -1.2186 | 19.6240 | 0.13719 | 14.1                                 | 15.5  | 17.3  | 19.6   | 22.8 | 27.4 | 34.7 |
| 14: 2       | 170   | -1.2107 | 19.6824 | 0.13738 | 14.1                                 | 15.5  | 17.3  | 19.7   | 22.9 | 27.5 | 34.8 |
| 14: 3       | 171   | -1.2027 | 19.7400 | 0.13756 | 14.1                                 | 15.6  | 17.4  | 19.7   | 22.9 | 27.6 | 34.9 |
| 14: 4       | 172   | -1.1947 | 19.7966 | 0.13774 | 14.1                                 | 15.6  | 17.4  | 19.8   | 23.0 | 27.7 | 35.0 |
| 14: 5       | 173   | -1.1867 | 19.8523 | 0.13791 | 14.2                                 | 15.6  | 17.5  | 19.9   | 23.1 | 27.7 | 35.1 |
| 14: 6       | 174   | -1.1788 | 19.9070 | 0.13808 | 14.2                                 | 15.7  | 17.5  | 19.9   | 23.1 | 27.8 | 35.1 |
| 14: 7       | 175   | -1.1708 | 19.9607 | 0.13825 | 14.2                                 | 15.7  | 17.6  | 20.0   | 23.2 | 27.9 | 35.2 |
| 14: 8       | 176   | -1.1629 | 20.0133 | 0.13841 | 14.3                                 | 15.7  | 17.6  | 20.0   | 23.3 | 28.0 | 35.3 |
| 14: 9       | 177   | -1.1549 | 20.0648 | 0.13858 | 14.3                                 | 15.8  | 17.6  | 20.1   | 23.3 | 28.0 | 35.4 |
| 14:10       | 178   | -1.1470 | 20.1152 | 0.13873 | 14.3                                 | 15.8  | 17.7  | 20.1   | 23.4 | 28.1 | 35.4 |
| 14:11       | 179   | -1.1390 | 20.1644 | 0.13889 | 14.3                                 | 15.8  | 17.7  | 20.2   | 23.5 | 28.2 | 35.5 |
| 15: 0       | 180   | -1.1311 | 20.2125 | 0.13904 | 14.4                                 | 15.9  | 17.8  | 20.2   | 23.5 | 28.2 | 35.5 |
| 15: 1       | 181   | -1.1232 | 20.2595 | 0.13920 | 14.4                                 | 15.9  | 17.8  | 20.3   | 23.6 | 28.3 | 35.6 |
| 15: 2       | 182   | -1.1153 | 20.3053 | 0.13934 | 14.4                                 | 15.9  | 17.8  | 20.3   | 23.6 | 28.4 | 35.7 |
| 15: 3       | 183   | -1.1074 | 20.3499 | 0.13949 | 14.4                                 | 16.0  | 17.9  | 20.4   | 23.7 | 28.4 | 35.7 |

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5 to 19 years (z-scores)

| Year: Month | Month | L       | M       | S       | Z-scores (BMI in kg/m <sup>2</sup> ) |       |       |        |      |      |      |
|-------------|-------|---------|---------|---------|--------------------------------------|-------|-------|--------|------|------|------|
|             |       |         |         |         | -3 SD                                | -2 SD | -1 SD | Median | 1 SD | 2 SD | 3 SD |
| 15: 4       | 184   | -1.0996 | 20.3934 | 0.13963 | 14.5                                 | 16.0  | 17.9  | 20.4   | 23.7 | 28.5 | 35.8 |
| 15: 5       | 185   | -1.0917 | 20.4357 | 0.13977 | 14.5                                 | 16.0  | 17.9  | 20.4   | 23.8 | 28.5 | 35.8 |
| 15: 6       | 186   | -1.0838 | 20.4769 | 0.13991 | 14.5                                 | 16.0  | 18.0  | 20.5   | 23.8 | 28.6 | 35.8 |
| 15: 7       | 187   | -1.0760 | 20.5170 | 0.14005 | 14.5                                 | 16.1  | 18.0  | 20.5   | 23.9 | 28.6 | 35.9 |
| 15: 8       | 188   | -1.0681 | 20.5560 | 0.14018 | 14.5                                 | 16.1  | 18.0  | 20.6   | 23.9 | 28.7 | 35.9 |
| 15: 9       | 189   | -1.0603 | 20.5938 | 0.14031 | 14.5                                 | 16.1  | 18.1  | 20.6   | 24.0 | 28.7 | 36.0 |
| 15:10       | 190   | -1.0525 | 20.6306 | 0.14044 | 14.6                                 | 16.1  | 18.1  | 20.6   | 24.0 | 28.8 | 36.0 |
| 15:11       | 191   | -1.0447 | 20.6663 | 0.14057 | 14.6                                 | 16.2  | 18.1  | 20.7   | 24.1 | 28.8 | 36.0 |
| 16: 0       | 192   | -1.0368 | 20.7008 | 0.14070 | 14.6                                 | 16.2  | 18.2  | 20.7   | 24.1 | 28.9 | 36.1 |
| 16: 1       | 193   | -1.0290 | 20.7344 | 0.14082 | 14.6                                 | 16.2  | 18.2  | 20.7   | 24.1 | 28.9 | 36.1 |
| 16: 2       | 194   | -1.0212 | 20.7668 | 0.14094 | 14.6                                 | 16.2  | 18.2  | 20.8   | 24.2 | 29.0 | 36.1 |
| 16: 3       | 195   | -1.0134 | 20.7982 | 0.14106 | 14.6                                 | 16.2  | 18.2  | 20.8   | 24.2 | 29.0 | 36.1 |
| 16: 4       | 196   | -1.0055 | 20.8286 | 0.14118 | 14.6                                 | 16.2  | 18.3  | 20.8   | 24.3 | 29.0 | 36.2 |
| 16: 5       | 197   | -0.9977 | 20.8580 | 0.14130 | 14.6                                 | 16.3  | 18.3  | 20.9   | 24.3 | 29.1 | 36.2 |
| 16: 6       | 198   | -0.9898 | 20.8863 | 0.14142 | 14.7                                 | 16.3  | 18.3  | 20.9   | 24.3 | 29.1 | 36.2 |
| 16: 7       | 199   | -0.9819 | 20.9137 | 0.14153 | 14.7                                 | 16.3  | 18.3  | 20.9   | 24.4 | 29.1 | 36.2 |
| 16: 8       | 200   | -0.9740 | 20.9401 | 0.14164 | 14.7                                 | 16.3  | 18.3  | 20.9   | 24.4 | 29.2 | 36.2 |
| 16: 9       | 201   | -0.9661 | 20.9656 | 0.14176 | 14.7                                 | 16.3  | 18.4  | 21.0   | 24.4 | 29.2 | 36.3 |
| 16:10       | 202   | -0.9582 | 20.9901 | 0.14187 | 14.7                                 | 16.3  | 18.4  | 21.0   | 24.4 | 29.2 | 36.3 |
| 16:11       | 203   | -0.9503 | 21.0138 | 0.14198 | 14.7                                 | 16.3  | 18.4  | 21.0   | 24.5 | 29.3 | 36.3 |
| 17: 0       | 204   | -0.9423 | 21.0367 | 0.14208 | 14.7                                 | 16.4  | 18.4  | 21.0   | 24.5 | 29.3 | 36.3 |
| 17: 1       | 205   | -0.9344 | 21.0587 | 0.14219 | 14.7                                 | 16.4  | 18.4  | 21.1   | 24.5 | 29.3 | 36.3 |
| 17: 2       | 206   | -0.9264 | 21.0801 | 0.14230 | 14.7                                 | 16.4  | 18.4  | 21.1   | 24.6 | 29.3 | 36.3 |
| 17: 3       | 207   | -0.9184 | 21.1007 | 0.14240 | 14.7                                 | 16.4  | 18.5  | 21.1   | 24.6 | 29.4 | 36.3 |

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# BMI-for-age GIRLS

5 to 19 years (z-scores)

| Year: Month | Month | L       | M       | S       | Z-scores (BMI in kg/m <sup>2</sup> ) |       |       |        |      |      |      |
|-------------|-------|---------|---------|---------|--------------------------------------|-------|-------|--------|------|------|------|
|             |       |         |         |         | -3 SD                                | -2 SD | -1 SD | Median | 1 SD | 2 SD | 3 SD |
| 17: 4       | 208   | -0.9104 | 21.1206 | 0.14250 | 14.7                                 | 16.4  | 18.5  | 21.1   | 24.6 | 29.4 | 36.3 |
| 17: 5       | 209   | -0.9024 | 21.1399 | 0.14261 | 14.7                                 | 16.4  | 18.5  | 21.1   | 24.6 | 29.4 | 36.3 |
| 17: 6       | 210   | -0.8944 | 21.1586 | 0.14271 | 14.7                                 | 16.4  | 18.5  | 21.2   | 24.6 | 29.4 | 36.3 |
| 17: 7       | 211   | -0.8863 | 21.1768 | 0.14281 | 14.7                                 | 16.4  | 18.5  | 21.2   | 24.7 | 29.4 | 36.3 |
| 17: 8       | 212   | -0.8783 | 21.1944 | 0.14291 | 14.7                                 | 16.4  | 18.5  | 21.2   | 24.7 | 29.5 | 36.3 |
| 17: 9       | 213   | -0.8703 | 21.2116 | 0.14301 | 14.7                                 | 16.4  | 18.5  | 21.2   | 24.7 | 29.5 | 36.3 |
| 17:10       | 214   | -0.8623 | 21.2282 | 0.14311 | 14.7                                 | 16.4  | 18.5  | 21.2   | 24.7 | 29.5 | 36.3 |
| 17:11       | 215   | -0.8542 | 21.2444 | 0.14320 | 14.7                                 | 16.4  | 18.6  | 21.2   | 24.8 | 29.5 | 36.3 |
| 18: 0       | 216   | -0.8462 | 21.2603 | 0.14330 | 14.7                                 | 16.4  | 18.6  | 21.3   | 24.8 | 29.5 | 36.3 |
| 18: 1       | 217   | -0.8382 | 21.2757 | 0.14340 | 14.7                                 | 16.5  | 18.6  | 21.3   | 24.8 | 29.5 | 36.3 |
| 18: 2       | 218   | -0.8301 | 21.2908 | 0.14349 | 14.7                                 | 16.5  | 18.6  | 21.3   | 24.8 | 29.6 | 36.3 |
| 18: 3       | 219   | -0.8221 | 21.3055 | 0.14359 | 14.7                                 | 16.5  | 18.6  | 21.3   | 24.8 | 29.6 | 36.3 |
| 18: 4       | 220   | -0.8140 | 21.3200 | 0.14368 | 14.7                                 | 16.5  | 18.6  | 21.3   | 24.8 | 29.6 | 36.3 |
| 18: 5       | 221   | -0.8060 | 21.3341 | 0.14377 | 14.7                                 | 16.5  | 18.6  | 21.3   | 24.9 | 29.6 | 36.2 |
| 18: 6       | 222   | -0.7980 | 21.3480 | 0.14386 | 14.7                                 | 16.5  | 18.6  | 21.3   | 24.9 | 29.6 | 36.2 |
| 18: 7       | 223   | -0.7899 | 21.3617 | 0.14396 | 14.7                                 | 16.5  | 18.6  | 21.4   | 24.9 | 29.6 | 36.2 |
| 18: 8       | 224   | -0.7819 | 21.3752 | 0.14405 | 14.7                                 | 16.5  | 18.6  | 21.4   | 24.9 | 29.6 | 36.2 |
| 18: 9       | 225   | -0.7738 | 21.3884 | 0.14414 | 14.7                                 | 16.5  | 18.7  | 21.4   | 24.9 | 29.6 | 36.2 |
| 18:10       | 226   | -0.7658 | 21.4014 | 0.14423 | 14.7                                 | 16.5  | 18.7  | 21.4   | 24.9 | 29.6 | 36.2 |
| 18:11       | 227   | -0.7577 | 21.4143 | 0.14432 | 14.7                                 | 16.5  | 18.7  | 21.4   | 25.0 | 29.7 | 36.2 |
| 19: 0       | 228   | -0.7496 | 21.4269 | 0.14441 | 14.7                                 | 16.5  | 18.7  | 21.4   | 25.0 | 29.7 | 36.2 |

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