

BMI theo tuổi của trẻ TRAI (5-19 tuổi)



| Năm : Tháng | Tháng | -3 SD | Ngưỡng BMI Bình thường | | | | 2 SD | 3 SD |
|-------------|-------|-------|------------------------|-------|------------|------|------|------|
| | | | -2 SD | -1 SD | Trung bình | 1 SD | | |
| 5:01 | 61 | 12.1 | 13.0 | 14.1 | 15.3 | 16.6 | 18.3 | 20.2 |
| 5:02 | 62 | 12.1 | 13.0 | 14.1 | 15.3 | 16.6 | 18.3 | 20.2 |
| 5:03 | 63 | 12.1 | 13.0 | 14.1 | 15.3 | 16.7 | 18.3 | 20.2 |
| 5:04 | 64 | 12.1 | 13.0 | 14.1 | 15.3 | 16.7 | 18.3 | 20.3 |
| 5:05 | 65 | 12.1 | 13.0 | 14.1 | 15.3 | 16.7 | 18.3 | 20.3 |
| 5:06 | 66 | 12.1 | 13.0 | 14.1 | 15.3 | 16.7 | 18.4 | 20.4 |
| 5:07 | 67 | 12.1 | 13.0 | 14.1 | 15.3 | 16.7 | 18.4 | 20.4 |
| 5:08 | 68 | 12.1 | 13.0 | 14.1 | 15.3 | 16.7 | 18.4 | 20.5 |
| 5:09 | 69 | 12.1 | 13.0 | 14.1 | 15.3 | 16.7 | 18.4 | 20.5 |
| 5:10 | 70 | 12.1 | 13.0 | 14.1 | 15.3 | 16.7 | 18.5 | 20.6 |
| 5:11 | 71 | 12.1 | 13.0 | 14.1 | 15.3 | 16.7 | 18.5 | 20.6 |
| 6:00 | 72 | 12.1 | 13.0 | 14.1 | 15.3 | 16.8 | 18.5 | 20.7 |
| 6:01 | 73 | 12.1 | 13.0 | 14.1 | 15.3 | 16.8 | 18.6 | 20.8 |
| 6:02 | 74 | 12.2 | 13.1 | 14.1 | 15.3 | 16.8 | 18.6 | 20.8 |
| 6:03 | 75 | 12.2 | 13.1 | 14.1 | 15.3 | 16.8 | 18.6 | 20.9 |
| 6:04 | 76 | 12.2 | 13.1 | 14.1 | 15.4 | 16.8 | 18.7 | 21.0 |
| 6:05 | 77 | 12.2 | 13.1 | 14.1 | 15.4 | 16.9 | 18.7 | 21.0 |
| 6:06 | 78 | 12.2 | 13.1 | 14.1 | 15.4 | 16.9 | 18.7 | 21.1 |
| 6:07 | 79 | 12.2 | 13.1 | 14.1 | 15.4 | 16.9 | 18.8 | 21.2 |
| 6:08 | 80 | 12.2 | 13.1 | 14.2 | 15.4 | 16.9 | 18.8 | 21.3 |
| 6:09 | 81 | 12.2 | 13.1 | 14.2 | 15.4 | 17.0 | 18.9 | 21.3 |
| 6:10 | 82 | 12.2 | 13.1 | 14.2 | 15.4 | 17.0 | 18.9 | 21.4 |
| 6:11 | 83 | 12.2 | 13.1 | 14.2 | 15.5 | 17.0 | 19.0 | 21.5 |
| 7:00 | 84 | 12.3 | 13.1 | 14.2 | 15.5 | 17.0 | 19.0 | 21.6 |
| 7:01 | 85 | 12.3 | 13.2 | 14.2 | 15.5 | 17.1 | 19.1 | 21.7 |
| 7:02 | 86 | 12.3 | 13.2 | 14.2 | 15.5 | 17.1 | 19.1 | 21.8 |
| 7:03 | 87 | 12.3 | 13.2 | 14.3 | 15.5 | 17.1 | 19.2 | 21.9 |
| 7:04 | 88 | 12.3 | 13.2 | 14.3 | 15.6 | 17.2 | 19.2 | 22.0 |
| 7:05 | 89 | 12.3 | 13.2 | 14.3 | 15.6 | 17.2 | 19.3 | 22.0 |
| 7:06 | 90 | 12.3 | 13.2 | 14.3 | 15.6 | 17.2 | 19.3 | 22.1 |
| 7:07 | 91 | 12.3 | 13.2 | 14.3 | 15.6 | 17.3 | 19.4 | 22.2 |
| 7:08 | 92 | 12.3 | 13.2 | 14.3 | 15.6 | 17.3 | 19.4 | 22.4 |

| Năm : Tháng | Tháng | -3 SD | Ngưỡng BMI Bình thường | | | | 2 SD | 3 SD |
|-------------|-------|-------|------------------------|-------|------------|------|------|------|
| | | | -2 SD | -1 SD | Trung bình | 1 SD | | |
| 7:09 | 93 | 12.4 | 13.3 | 14.3 | 15.7 | 17.3 | 19.5 | 22.5 |
| 7:10 | 94 | 12.4 | 13.3 | 14.4 | 15.7 | 17.4 | 19.6 | 22.6 |
| 7:11 | 95 | 12.4 | 13.3 | 14.4 | 15.7 | 17.4 | 19.6 | 22.7 |
| 8:00 | 96 | 12.4 | 13.3 | 14.4 | 15.7 | 17.4 | 19.7 | 22.8 |
| 8:01 | 97 | 12.4 | 13.3 | 14.4 | 15.8 | 17.5 | 19.7 | 22.9 |
| 8:02 | 98 | 12.4 | 13.3 | 14.4 | 15.8 | 17.5 | 19.8 | 23.0 |
| 8:03 | 99 | 12.4 | 13.3 | 14.4 | 15.8 | 17.5 | 19.9 | 23.1 |
| 8:04 | 100 | 12.4 | 13.4 | 14.5 | 15.8 | 17.6 | 19.9 | 23.3 |
| 8:05 | 101 | 12.5 | 13.4 | 14.5 | 15.9 | 17.6 | 20.0 | 23.4 |
| 8:06 | 102 | 12.5 | 13.4 | 14.5 | 15.9 | 17.7 | 20.1 | 23.5 |
| 8:07 | 103 | 12.5 | 13.4 | 14.5 | 15.9 | 17.7 | 20.1 | 23.6 |
| 8:08 | 104 | 12.5 | 13.4 | 14.5 | 15.9 | 17.7 | 20.2 | 23.8 |
| 8:09 | 105 | 12.5 | 13.4 | 14.6 | 16.0 | 17.8 | 20.3 | 23.9 |
| 8:10 | 106 | 12.5 | 13.5 | 14.6 | 16.0 | 17.8 | 20.3 | 24.0 |
| 8:11 | 107 | 12.5 | 13.5 | 14.6 | 16.0 | 17.9 | 20.4 | 24.2 |
| 9:00 | 108 | 12.6 | 13.5 | 14.6 | 16.0 | 17.9 | 20.5 | 24.3 |
| 9:01 | 109 | 12.6 | 13.5 | 14.6 | 16.1 | 18.0 | 20.5 | 24.4 |
| 9:02 | 110 | 12.6 | 13.5 | 14.7 | 16.1 | 18.0 | 20.6 | 24.6 |
| 9:03 | 111 | 12.6 | 13.5 | 14.7 | 16.1 | 18.0 | 20.7 | 24.7 |
| 9:04 | 112 | 12.6 | 13.6 | 14.7 | 16.2 | 18.1 | 20.8 | 24.9 |
| 9:05 | 113 | 12.6 | 13.6 | 14.7 | 16.2 | 18.1 | 20.8 | 25.0 |
| 9:06 | 114 | 12.7 | 13.6 | 14.8 | 16.2 | 18.2 | 20.9 | 25.1 |
| 9:07 | 115 | 12.7 | 13.6 | 14.8 | 16.3 | 18.2 | 21.0 | 25.3 |
| 9:08 | 116 | 12.7 | 13.6 | 14.8 | 16.3 | 18.3 | 21.1 | 25.5 |
| 9:09 | 117 | 12.7 | 13.7 | 14.8 | 16.3 | 18.3 | 21.2 | 25.6 |
| 9:10 | 118 | 12.7 | 13.7 | 14.9 | 16.4 | 18.4 | 21.2 | 25.8 |
| 9:11 | 119 | 12.8 | 13.7 | 14.9 | 16.4 | 18.4 | 21.3 | 25.9 |
| 10:00 | 120 | 12.8 | 13.7 | 14.9 | 16.4 | 18.5 | 21.4 | 26.1 |
| 10:01 | 121 | 12.8 | 13.8 | 15.0 | 16.5 | 18.5 | 21.5 | 26.2 |
| 10:02 | 122 | 12.8 | 13.8 | 15.0 | 16.5 | 18.6 | 21.6 | 26.4 |
| 10:03 | 123 | 12.8 | 13.8 | 15.0 | 16.6 | 18.6 | 21.7 | 26.6 |
| 10:04 | 124 | 12.9 | 13.8 | 15.0 | 16.6 | 18.7 | 21.7 | 26.7 |
| 10:05 | 125 | 12.9 | 13.9 | 15.1 | 16.6 | 18.8 | 21.8 | 26.9 |
| 10:06 | 126 | 12.9 | 13.9 | 15.1 | 16.7 | 18.8 | 21.9 | 27.0 |
| 10:07 | 127 | 12.9 | 13.9 | 15.1 | 16.7 | 18.9 | 22.0 | 27.2 |
| 10:08 | 128 | 13.0 | 13.9 | 15.2 | 16.8 | 18.9 | 22.1 | 27.4 |

| Năm : Tháng | Tháng | -3 SD | Ngưỡng BMI Bình thường | | | | 2 SD | 3 SD |
|-------------|-------|-------|------------------------|-------|------------|------|------|------|
| | | | -2 SD | -1 SD | Trung bình | 1 SD | | |
| 10:09 | 129 | 13.0 | 14.0 | 15.2 | 16.8 | 19.0 | 22.2 | 27.5 |
| 10:10 | 130 | 13.0 | 14.0 | 15.2 | 16.9 | 19.0 | 22.3 | 27.7 |
| 10:11 | 131 | 13.0 | 14.0 | 15.3 | 16.9 | 19.1 | 22.4 | 27.9 |
| 11:00 | 132 | 13.1 | 14.1 | 15.3 | 16.9 | 19.2 | 22.5 | 28.0 |
| 11:01 | 133 | 13.1 | 14.1 | 15.3 | 17.0 | 19.2 | 22.5 | 28.2 |
| 11:02 | 134 | 13.1 | 14.1 | 15.4 | 17.0 | 19.3 | 22.6 | 28.4 |
| 11:03 | 135 | 13.1 | 14.1 | 15.4 | 17.1 | 19.3 | 22.7 | 28.5 |
| 11:04 | 136 | 13.2 | 14.2 | 15.5 | 17.1 | 19.4 | 22.8 | 28.7 |
| 11:05 | 137 | 13.2 | 14.2 | 15.5 | 17.2 | 19.5 | 22.9 | 28.8 |
| 11:06 | 138 | 13.2 | 14.2 | 15.5 | 17.2 | 19.5 | 23.0 | 29.0 |
| 11:07 | 139 | 13.2 | 14.3 | 15.6 | 17.3 | 19.6 | 23.1 | 29.2 |
| 11:08 | 140 | 13.3 | 14.3 | 15.6 | 17.3 | 19.7 | 23.2 | 29.3 |
| 11:09 | 141 | 13.3 | 14.3 | 15.7 | 17.4 | 19.7 | 23.3 | 29.5 |
| 11:10 | 142 | 13.3 | 14.4 | 15.7 | 17.4 | 19.8 | 23.4 | 29.6 |
| 11:11 | 143 | 13.4 | 14.4 | 15.7 | 17.5 | 19.9 | 23.5 | 29.8 |
| 12:00 | 144 | 13.4 | 14.5 | 15.8 | 17.5 | 19.9 | 23.6 | 30.0 |
| 12:01 | 145 | 13.4 | 14.5 | 15.8 | 17.6 | 20.0 | 23.7 | 30.1 |
| 12:02 | 146 | 13.5 | 14.5 | 15.9 | 17.6 | 20.1 | 23.8 | 30.3 |
| 12:03 | 147 | 13.5 | 14.6 | 15.9 | 17.7 | 20.2 | 23.9 | 30.4 |
| 12:04 | 148 | 13.5 | 14.6 | 16.0 | 17.8 | 20.2 | 24.0 | 30.6 |
| 12:05 | 149 | 13.6 | 14.6 | 16.0 | 17.8 | 20.3 | 24.1 | 30.7 |
| 12:06 | 150 | 13.6 | 14.7 | 16.1 | 17.9 | 20.4 | 24.2 | 30.9 |
| 12:07 | 151 | 13.6 | 14.7 | 16.1 | 17.9 | 20.4 | 24.3 | 31.0 |
| 12:08 | 152 | 13.7 | 14.8 | 16.2 | 18.0 | 20.5 | 24.4 | 31.1 |
| 12:09 | 153 | 13.7 | 14.8 | 16.2 | 18.0 | 20.6 | 24.5 | 31.3 |
| 12:10 | 154 | 13.7 | 14.8 | 16.3 | 18.1 | 20.7 | 24.6 | 31.4 |
| 12:11 | 155 | 13.8 | 14.9 | 16.3 | 18.2 | 20.8 | 24.7 | 31.6 |
| 13:00 | 156 | 13.8 | 14.9 | 16.4 | 18.2 | 20.8 | 24.8 | 31.7 |
| 13:01 | 157 | 13.8 | 15.0 | 16.4 | 18.3 | 20.9 | 24.9 | 31.8 |
| 13:02 | 158 | 13.9 | 15.0 | 16.5 | 18.4 | 21.0 | 25.0 | 31.9 |
| 13:03 | 159 | 13.9 | 15.1 | 16.5 | 18.4 | 21.1 | 25.1 | 32.1 |
| 13:04 | 160 | 14.0 | 15.1 | 16.6 | 18.5 | 21.1 | 25.2 | 32.2 |
| 13:05 | 161 | 14.0 | 15.2 | 16.6 | 18.6 | 21.2 | 25.2 | 32.3 |
| 13:06 | 162 | 14.0 | 15.2 | 16.7 | 18.6 | 21.3 | 25.3 | 32.4 |
| 13:07 | 163 | 14.1 | 15.2 | 16.7 | 18.7 | 21.4 | 25.4 | 32.6 |
| 13:08 | 164 | 14.1 | 15.3 | 16.8 | 18.7 | 21.5 | 25.5 | 32.7 |

| Năm : Tháng | Tháng | -3 SD | Ngưỡng BMI Bình thường | | | | 2 SD | 3 SD |
|-------------|-------|-------|------------------------|-------|------------|------|------|------|
| | | | -2 SD | -1 SD | Trung bình | 1 SD | | |
| 13:09 | 165 | 14.1 | 15.3 | 16.8 | 18.8 | 21.5 | 25.6 | 32.8 |
| 13:10 | 166 | 14.2 | 15.4 | 16.9 | 18.9 | 21.6 | 25.7 | 32.9 |
| 13:11 | 167 | 14.2 | 15.4 | 17.0 | 18.9 | 21.7 | 25.8 | 33.0 |
| 14:00 | 168 | 14.3 | 15.5 | 17.0 | 19.0 | 21.8 | 25.9 | 33.1 |
| 14:01 | 169 | 14.3 | 15.5 | 17.1 | 19.1 | 21.8 | 26.0 | 33.2 |
| 14:02 | 170 | 14.3 | 15.6 | 17.1 | 19.1 | 21.9 | 26.1 | 33.3 |
| 14:03 | 171 | 14.4 | 15.6 | 17.2 | 19.2 | 22.0 | 26.2 | 33.4 |
| 14:04 | 172 | 14.4 | 15.7 | 17.2 | 19.3 | 22.1 | 26.3 | 33.5 |
| 14:05 | 173 | 14.5 | 15.7 | 17.3 | 19.3 | 22.2 | 26.4 | 33.5 |
| 14:06 | 174 | 14.5 | 15.7 | 17.3 | 19.4 | 22.2 | 26.5 | 33.6 |
| 14:07 | 175 | 14.5 | 15.8 | 17.4 | 19.5 | 22.3 | 26.5 | 33.7 |
| 14:08 | 176 | 14.6 | 15.8 | 17.4 | 19.5 | 22.4 | 26.6 | 33.8 |
| 14:09 | 177 | 14.6 | 15.9 | 17.5 | 19.6 | 22.5 | 26.7 | 33.9 |
| 14:10 | 178 | 14.6 | 15.9 | 17.5 | 19.6 | 22.5 | 26.8 | 33.9 |
| 14:11 | 179 | 14.7 | 16.0 | 17.6 | 19.7 | 22.6 | 26.9 | 34.0 |
| 15:00 | 180 | 14.7 | 16.0 | 17.6 | 19.8 | 22.7 | 27.0 | 34.1 |
| 15:01 | 181 | 14.7 | 16.1 | 17.7 | 19.8 | 22.8 | 27.1 | 34.1 |
| 15:02 | 182 | 14.8 | 16.1 | 17.8 | 19.9 | 22.8 | 27.1 | 34.2 |
| 15:03 | 183 | 14.8 | 16.1 | 17.8 | 20.0 | 22.9 | 27.2 | 34.3 |
| 15:04 | 184 | 14.8 | 16.2 | 17.9 | 20.0 | 23.0 | 27.3 | 34.3 |
| 15:05 | 185 | 14.9 | 16.2 | 17.9 | 20.1 | 23.0 | 27.4 | 34.4 |
| 15:06 | 186 | 14.9 | 16.3 | 18.0 | 20.1 | 23.1 | 27.4 | 34.5 |
| 15:07 | 187 | 15.0 | 16.3 | 18.0 | 20.2 | 23.2 | 27.5 | 34.5 |
| 15:08 | 188 | 15.0 | 16.3 | 18.1 | 20.3 | 23.3 | 27.6 | 34.6 |
| 15:09 | 189 | 15.0 | 16.4 | 18.1 | 20.3 | 23.3 | 27.7 | 34.6 |
| 15:10 | 190 | 15.0 | 16.4 | 18.2 | 20.4 | 23.4 | 27.7 | 34.7 |
| 15:11 | 191 | 15.1 | 16.5 | 18.2 | 20.4 | 23.5 | 27.8 | 34.7 |
| 16:00 | 192 | 15.1 | 16.5 | 18.2 | 20.5 | 23.5 | 27.9 | 34.8 |
| 16:01 | 193 | 15.1 | 16.5 | 18.3 | 20.6 | 23.6 | 27.9 | 34.8 |
| 16:02 | 194 | 15.2 | 16.6 | 18.3 | 20.6 | 23.7 | 28.0 | 34.8 |
| 16:03 | 195 | 15.2 | 16.6 | 18.4 | 20.7 | 23.7 | 28.1 | 34.9 |
| 16:04 | 196 | 15.2 | 16.7 | 18.4 | 20.7 | 23.8 | 28.1 | 34.9 |
| 16:05 | 197 | 15.3 | 16.7 | 18.5 | 20.8 | 23.8 | 28.2 | 35.0 |
| 16:06 | 198 | 15.3 | 16.7 | 18.5 | 20.8 | 23.9 | 28.3 | 35.0 |
| 16:07 | 199 | 15.3 | 16.8 | 18.6 | 20.9 | 24.0 | 28.3 | 35.0 |
| 16:08 | 200 | 15.3 | 16.8 | 18.6 | 20.9 | 24.0 | 28.4 | 35.1 |

| Năm : Tháng | Tháng | -3 SD | Ngưỡng BMI Bình thường | | | | 2 SD | 3 SD |
|-------------|-------|-------|------------------------|-------|------------|------|------|------|
| | | | -2 SD | -1 SD | Trung bình | 1 SD | | |
| 16:09 | 201 | 15.4 | 16.8 | 18.7 | 21.0 | 24.1 | 28.5 | 35.1 |
| 16:10 | 202 | 15.4 | 16.9 | 18.7 | 21.0 | 24.2 | 28.5 | 35.1 |
| 16:11 | 203 | 15.4 | 16.9 | 18.7 | 21.1 | 24.2 | 28.6 | 35.2 |
| 17:00 | 204 | 15.4 | 16.9 | 18.8 | 21.1 | 24.3 | 28.6 | 35.2 |
| 17:01 | 205 | 15.5 | 17.0 | 18.8 | 21.2 | 24.3 | 28.7 | 35.2 |
| 17:02 | 206 | 15.5 | 17.0 | 18.9 | 21.2 | 24.4 | 28.7 | 35.2 |
| 17:03 | 207 | 15.5 | 17.0 | 18.9 | 21.3 | 24.4 | 28.8 | 35.3 |
| 17:04 | 208 | 15.5 | 17.1 | 18.9 | 21.3 | 24.5 | 28.9 | 35.3 |
| 17:05 | 209 | 15.6 | 17.1 | 19.0 | 21.4 | 24.5 | 28.9 | 35.3 |
| 17:06 | 210 | 15.6 | 17.1 | 19.0 | 21.4 | 24.6 | 29.0 | 35.3 |
| 17:07 | 211 | 15.6 | 17.1 | 19.1 | 21.5 | 24.7 | 29.0 | 35.4 |
| 17:08 | 212 | 15.6 | 17.2 | 19.1 | 21.5 | 24.7 | 29.1 | 35.4 |
| 17:09 | 213 | 15.6 | 17.2 | 19.1 | 21.6 | 24.8 | 29.1 | 35.4 |
| 17:10 | 214 | 15.7 | 17.2 | 19.2 | 21.6 | 24.8 | 29.2 | 35.4 |
| 17:11 | 215 | 15.7 | 17.3 | 19.2 | 21.7 | 24.9 | 29.2 | 35.4 |
| 18:00 | 216 | 15.7 | 17.3 | 19.2 | 21.7 | 24.9 | 29.2 | 35.4 |
| 18:01 | 217 | 15.7 | 17.3 | 19.3 | 21.8 | 25.0 | 29.3 | 35.4 |
| 18:02 | 218 | 15.7 | 17.3 | 19.3 | 21.8 | 25.0 | 29.3 | 35.5 |
| 18:03 | 219 | 15.7 | 17.4 | 19.3 | 21.8 | 25.1 | 29.4 | 35.5 |
| 18:04 | 220 | 15.8 | 17.4 | 19.4 | 21.9 | 25.1 | 29.4 | 35.5 |
| 18:05 | 221 | 15.8 | 17.4 | 19.4 | 21.9 | 25.1 | 29.5 | 35.5 |
| 18:06 | 222 | 15.8 | 17.4 | 19.4 | 22.0 | 25.2 | 29.5 | 35.5 |
| 18:07 | 223 | 15.8 | 17.5 | 19.5 | 22.0 | 25.2 | 29.5 | 35.5 |
| 18:08 | 224 | 15.8 | 17.5 | 19.5 | 22.0 | 25.3 | 29.6 | 35.5 |
| 18:09 | 225 | 15.8 | 17.5 | 19.5 | 22.1 | 25.3 | 29.6 | 35.5 |
| 18:10 | 226 | 15.8 | 17.5 | 19.6 | 22.1 | 25.4 | 29.6 | 35.5 |
| 18:11 | 227 | 15.8 | 17.5 | 19.6 | 22.2 | 25.4 | 29.7 | 35.5 |
| 19:00 | 228 | 15.9 | 17.6 | 19.6 | 22.2 | 25.4 | 29.7 | 35.5 |