

**Table S1** Screening weights for overweight in girls based on age and 2007 WHO Reference height percentiles and BMI

Age (years)	BMI (z-scores + 1 SD)		Height percentiles (cm)/ screening weight (kg; bold numbers)										
			1% Ht	3% Ht	5% Ht	15% Ht	25% Ht	50% Ht	75% Ht	85% Ht	95% Ht	97% Ht	99% Ht
5*	16.9	Ht (cm)	98.5	100.6	101.8	104.7	106.4	109.6	112.8	114.5	117.5	118.6	120.7
		Wt (kg)	<b>16.4</b>	<b>17.1</b>	<b>17.5</b>	<b>18.5</b>	<b>19.1</b>	<b>20.3</b>	<b>21.5</b>	<b>22.1</b>	<b>23.3</b>	<b>23.7</b>	<b>24.6</b>
5.5	16.9	Ht (cm)	100.7	102.9	104.1	107.1	108.8	112.2	115.5	117.3	120.3	121.5	123.7
		Wt (kg)	<b>17.2</b>	<b>17.9</b>	<b>18.3</b>	<b>19.4</b>	<b>20.1</b>	<b>21.3</b>	<b>22.6</b>	<b>23.3</b>	<b>24.5</b>	<b>25</b>	<b>25.9</b>
6	17	Ht (cm)	103.2	105.5	106.7	109.8	111.7	115.1	118.6	120.4	123.5	124.8	127
		Wt (kg)	<b>18.1</b>	<b>18.9</b>	<b>19.4</b>	<b>20.5</b>	<b>21.2</b>	<b>22.6</b>	<b>23.9</b>	<b>24.7</b>	<b>26</b>	<b>26.5</b>	<b>27.5</b>
6.5	17.1	Ht (cm)	105.7	108	109.3	112.5	114.4	118	121.5	<b>123.5</b>	<b>126.7</b>	127.9	130.3
		Wt (kg)	<b>19.1</b>	<b>20</b>	<b>20.5</b>	<b>21.7</b>	<b>22.4</b>	<b>23.8</b>	<b>25.3</b>	<b>26.1</b>	<b>27.5</b>	<b>28</b>	<b>29.1</b>
7	17.3	Ht (cm)	108.1	110.5	111.8	115.1	117.1	120.8	124.5	126.5	129.8	131.1	133.5
		Wt (kg)	<b>20.2</b>	<b>21.1</b>	<b>21.6</b>	<b>22.9</b>	<b>23.7</b>	<b>25.2</b>	<b>26.8</b>	<b>27.7</b>	<b>29.1</b>	<b>29.7</b>	<b>30.8</b>
7.5	17.5	Ht (cm)	110.6	113.1	114.4	117.8	119.9	123.7	127.5	129.5	132.9	134.3	136.8
		Wt (kg)	<b>21.4</b>	<b>22.4</b>	<b>22.9</b>	<b>24.3</b>	<b>25.1</b>	<b>26.7</b>	<b>28.4</b>	<b>29.3</b>	<b>30.9</b>	<b>31.5</b>	<b>32.7</b>
8	17.7	Ht (cm)	113.1	115.7	117	120.5	122.6	126.6	130.5	132.6	136.1	137.5	140
		Wt (kg)	<b>22.7</b>	<b>23.7</b>	<b>24.3</b>	<b>25.8</b>	<b>26.7</b>	<b>28.4</b>	<b>30.2</b>	<b>31.2</b>	<b>32.8</b>	<b>33.5</b>	<b>34.8</b>
8.5	18	Ht (cm)	115.6	118.3	119.7	123.3	125.5	129.5	133.5	135.7	139.3	140.7	143.4
		Wt (kg)	<b>24.1</b>	<b>25.2</b>	<b>25.8</b>	<b>27.4</b>	<b>28.4</b>	<b>30.2</b>	<b>32.1</b>	<b>33.2</b>	<b>35</b>	<b>35.7</b>	<b>37</b>
9	18.3	Ht (cm)	118.3	121	122.4	126.2	128.4	132.5	136.6	138.8	142.5	144	146.7
		Wt (kg)	<b>25.6</b>	<b>26.8</b>	<b>27.5</b>	<b>29.2</b>	<b>30.2</b>	<b>32.2</b>	<b>34.2</b>	<b>35.3</b>	<b>37.2</b>	<b>38</b>	<b>39.4</b>
9.5	18.7	Ht (cm)	121	123.8	125.2	129.1	131.3	135.5	139.8	142	145.8	147.3	150.1
		Wt (kg)	<b>27.3</b>	<b>28.6</b>	<b>29.3</b>	<b>31.1</b>	<b>32.2</b>	<b>34.3</b>	<b>36.5</b>	<b>37.7</b>	<b>39.7</b>	<b>40.5</b>	<b>42.1</b>
10	19	Ht (cm)	123.8	126.6	128.1	132	134.3	138.6	143	145.3	149.2	150.7	153.5
		Wt (kg)	<b>29.2</b>	<b>30.5</b>	<b>31.2</b>	<b>33.2</b>	<b>34.3</b>	<b>36.6</b>	<b>38.9</b>	<b>40.2</b>	<b>42.3</b>	<b>43.2</b>	<b>44.9</b>
10.5	19.4	Ht (cm)	126.6	129.5	131.1	135	137.4	141.8	146.2	148.6	152.5	154.1	157
		Wt (kg)	<b>31.1</b>	<b>32.6</b>	<b>33.4</b>	<b>35.4</b>	<b>36.7</b>	<b>39.1</b>	<b>41.5</b>	<b>42.9</b>	<b>45.2</b>	<b>46.1</b>	<b>47.9</b>
11	19.9	Ht (cm)	129.5	132.5	134.1	138.1	140.5	145	149.5	151.9	155.9	157.5	160.5
		Wt (kg)	<b>33.3</b>	<b>34.9</b>	<b>35.7</b>	<b>37.9</b>	<b>39.2</b>	<b>41.8</b>	<b>44.4</b>	<b>45.8</b>	<b>48.3</b>	<b>49.3</b>	<b>51.1</b>
11.5	20.3	Ht (cm)	132.5	135.5	137.1	141.2	143.6	148.2	152.7	155.2	159.3	160.9	163.9
		Wt (kg)	<b>35.7</b>	<b>37.3</b>	<b>38.2</b>	<b>40.5</b>	<b>41.9</b>	<b>44.6</b>	<b>47.4</b>	<b>48.9</b>	<b>51.6</b>	<b>52.6</b>	<b>54.6</b>
12	20.8	Ht (cm)	135.3	138.4	140	144.1	146.6	151.2	155.8	158.3	162.5	164.1	167.1
		Wt (kg)	<b>38.1</b>	<b>39.8</b>	<b>40.8</b>	<b>43.2</b>	<b>44.7</b>	<b>47.6</b>	<b>50.5</b>	<b>52.2</b>	<b>54.9</b>	<b>56</b>	<b>58.1</b>
12.5	21.3	Ht (cm)	137.9	141	142.6	146.8	149.3	154	158.7	161.2	165.4	167	170.1
		Wt (kg)	<b>40.5</b>	<b>42.4</b>	<b>43.4</b>	<b>45.9</b>	<b>47.5</b>	<b>50.5</b>	<b>53.6</b>	<b>55.3</b>	<b>58.3</b>	<b>59.4</b>	<b>61.6</b>

Age (years)	BMI (z-scores + 1 SD)		Height percentiles (cm)/ screening weight (kg; bold numbers)										
			1% Ht	3% Ht	5% Ht	15% Ht	25% Ht	50% Ht	75% Ht	85% Ht	95% Ht	97% Ht	99% Ht
13	21.8	Ht (cm)	140.2	143.3	145	149.2	151.7	156.4	161.1	163.6	167.8	169.4	172.5
		Wt (kg)	<b>42.9</b>	<b>44.8</b>	<b>45.8</b>	<b>48.5</b>	<b>50.2</b>	<b>53.3</b>	<b>56.6</b>	<b>58.3</b>	<b>61.4</b>	<b>62.6</b>	<b>64.9</b>
13.5	22.3	Ht (cm)	142.1	145.2	146.9	151.1	153.6	158.3	163	165.5	169.7	171.4	174.5
		Wt (kg)	<b>45</b>	<b>47</b>	<b>48.1</b>	<b>50.9</b>	<b>52.6</b>	<b>55.8</b>	<b>59.2</b>	<b>61</b>	<b>64.2</b>	<b>65.4</b>	<b>67.8</b>
14	22.7	Ht (cm)	143.6	146.7	148.4	152.6	155.1	159.8	164.5	167	171.2	172.8	175.9
		Wt (kg)	<b>46.9</b>	<b>48.9</b>	<b>50</b>	<b>52.9</b>	<b>54.7</b>	<b>58</b>	<b>61.5</b>	<b>63.4</b>	<b>66.6</b>	<b>67.9</b>	<b>70.4</b>
14.5	23.1	Ht (cm)	144.8	147.9	149.5	153.7	156.2	160.9	165.6	168.1	172.3	173.9	177
		Wt (kg)	<b>48.5</b>	<b>50.6</b>	<b>51.7</b>	<b>54.7</b>	<b>56.5</b>	<b>59.9</b>	<b>63.4</b>	<b>65.4</b>	<b>68.7</b>	<b>70</b>	<b>72.5</b>
15	23.5	Ht (cm)	145.7	148.7	150.4	154.5	157	161.7	166.3	168.8	173	174.6	177.7
		Wt (kg)	<b>49.9</b>	<b>52</b>	<b>53.2</b>	<b>56.2</b>	<b>58</b>	<b>61.5</b>	<b>65</b>	<b>67</b>	<b>70.4</b>	<b>71.7</b>	<b>74.2</b>
15.5	23.8	Ht (cm)	146.3	149.3	150.9	155.1	157.6	162.2	166.8	169.3	173.4	175	178.1
		Wt (kg)	<b>51</b>	<b>53.2</b>	<b>54.3</b>	<b>57.3</b>	<b>59.2</b>	<b>62.7</b>	<b>66.3</b>	<b>68.3</b>	<b>71.7</b>	<b>73</b>	<b>75.6</b>
16	24.1	Ht (cm)	146.7	149.8	151.4	155.5	157.9	162.5	167.1	169.6	173.7	175.3	178.3
		Wt (kg)	51.9	54.1	55.2	58.3	60.1	63.7	67.3	69.3	72.7	74.1	76.6
16.5	24.3	Ht (cm)	147	150	151.6	155.7	158.2	162.7	167.3	169.7	173.8	175.4	178.4
		Wt (kg)	<b>52.6</b>	<b>54.8</b>	<b>55.9</b>	<b>59</b>	<b>60.9</b>	<b>64.4</b>	<b>68.1</b>	<b>70.1</b>	<b>73.5</b>	<b>74.8</b>	<b>77.4</b>
17	24.5	Ht (cm)	147.3	150.3	151.8	155.9	158.3	162.9	167.4	169.8	173.9	175.4	178.4
		Wt (kg)	<b>53.2</b>	<b>55.3</b>	<b>56.5</b>	<b>59.6</b>	<b>61.4</b>	<b>65</b>	<b>68.6</b>	<b>70.6</b>	<b>74.1</b>	<b>75.4</b>	<b>78</b>
17.5	24.6	Ht (cm)	147.5	150.5	152	156.1	158.5	163	167.5	169.9	173.9	175.5	178.4
		Wt (kg)	<b>53.6</b>	<b>55.8</b>	<b>57</b>	<b>60</b>	<b>61.9</b>	<b>65.5</b>	<b>69.1</b>	<b>71.1</b>	<b>74.5</b>	<b>75.9</b>	<b>78.5</b>
18	24.8	Ht (cm)	147.7	150.6	152.2	156.2	158.6	163.1	167.5	169.9	173.9	175.5	178.4
		Wt (kg)	<b>54</b>	<b>56.2</b>	<b>57.4</b>	<b>60.4</b>	<b>62.3</b>	<b>65.9</b>	<b>69.5</b>	<b>71.5</b>	<b>74.9</b>	<b>76.3</b>	<b>78.9</b>
18.5	24.9	Ht (cm)	147.8	150.8	152.3	156.3	158.7	163.1	167.6	169.9	173.9	175.5	178.4
		Wt (kg)	<b>54.4</b>	<b>56.5</b>	<b>57.7</b>	<b>60.8</b>	<b>62.6</b>	<b>66.2</b>	<b>69.8</b>	<b>71.8</b>	<b>75.3</b>	<b>76.6</b>	<b>79.2</b>
19	25	Ht (cm)	147.9	150.9	152.4	156.4	158.7	163.2	167.6	169.9	173.9	175.5	178.4
		Wt (kg)	<b>54.6</b>	<b>56.8</b>	<b>58</b>	<b>61.1</b>	<b>62.9</b>	<b>66.5</b>	<b>70.1</b>	<b>72.1</b>	<b>75.5</b>	<b>76.9</b>	<b>79.4</b>

\*Values of BMI and height are for 61 months of age. Ht: Height; Wt: Weight, SD: Standard Deviation;

The highlighted cells present an assessment for a 6-year-8-month-old girl, whose height and weight are, respectively, 124 cm and 29 kg.

Step 1: This girl's age (6 years and 8 months) is between the rows 6.5 years and 7 years.

Step 2: In the row 6.5 years, the girl's height (124cm) is between the columns 123.5 cm and 126.7 cm.

Step 3: The screening weight for 126.7 cm is 27.5 kg.

Step 4: The girl's weight (29kg) is more this screening unit grid of 27.5 kg. Therefore; this girl is overweight

Note: Computation of individual BMI will be required for cases with height/weight values that occur between tabular values with inability for clear delineation.

**Table S2** Screening weights for overweight in boys based upon age and 2007 WHO Reference height percentiles and BMI

Age (years)	BMI (z-scores + 1 SD)		Height percentiles (cm)/ screening weight (kg; bold numbers)										
			1% Ht	3% Ht	5% Ht	15% Ht	25% Ht	50% Ht	75% Ht	85% Ht	95% Ht	97% Ht	99% Ht
5*	16.6	Ht (cm)	99.6	101.6	102.7	105.5	107.2	110.3	113.4	115	117.8	118.9	120.9
		Wt (kg)	<b>16.5</b>	<b>17.2</b>	<b>17.6</b>	<b>18.5</b>	<b>19.1</b>	<b>20.2</b>	<b>21.4</b>	<b>22</b>	<b>23.1</b>	<b>23.5</b>	<b>24.4</b>
5.5	16.7	Ht (cm)	101.9	104	105.1	108	109.7	112.9	116.1	117.8	120.7	121.8	124
		Wt (kg)	<b>17.3</b>	<b>18</b>	<b>18.4</b>	<b>19.5</b>	<b>20.1</b>	<b>21.3</b>	<b>22.5</b>	<b>23.2</b>	<b>24.3</b>	<b>24.8</b>	<b>25.6</b>
6	16.8	Ht (cm)	104.5	106.7	107.8	110.8	112.6	116	119.3	121.1	124.1	125.2	127.4
		Wt (kg)	<b>18.3</b>	<b>19.1</b>	<b>19.5</b>	<b>20.6</b>	<b>21.3</b>	<b>22.5</b>	<b>23.8</b>	<b>24.6</b>	<b>25.8</b>	<b>26.3</b>	<b>27.2</b>
6.5	16.9	Ht (cm)	107	109.3	110.5	113.6	115.4	118.9	122.3	124.2	127.3	128.5	130.7
		Wt (kg)	<b>19.3</b>	<b>20.2</b>	<b>20.6</b>	<b>21.8</b>	<b>22.5</b>	<b>23.9</b>	<b>25.3</b>	<b>26</b>	<b>27.4</b>	<b>27.9</b>	<b>28.9</b>
7	17	Ht (cm)	109.4	111.8	113	116.3	118.2	121.7	125.3	127.2	130.4	131.7	134
		Wt (kg)	<b>20.4</b>	<b>21.3</b>	<b>21.8</b>	<b>23</b>	<b>23.8</b>	<b>25.3</b>	<b>26.8</b>	<b>27.6</b>	<b>29</b>	<b>29.6</b>	<b>30.6</b>
7.5	17.2	Ht (cm)	111.8	114.3	115.5	118.9	120.8	124.5	128.2	130.2	133.5	134.8	137.3
		Wt (kg)	<b>21.5</b>	<b>22.5</b>	<b>23</b>	<b>24.4</b>	<b>25.2</b>	<b>26.7</b>	<b>28.3</b>	<b>29.2</b>	<b>30.7</b>	<b>31.3</b>	<b>32.5</b>
8	17.4	Ht (cm)	114.1	116.6	118	121.4	123.5	127.3	131.1	133.1	136.6	137.9	140.4
		Wt (kg)	<b>22.7</b>	<b>23.7</b>	<b>24.3</b>	<b>25.7</b>	<b>26.6</b>	<b>28.2</b>	<b>30</b>	<b>30.9</b>	<b>32.5</b>	<b>33.2</b>	<b>34.4</b>
8.5	17.7	Ht (cm)	116.4	119	120.3	123.9	126	129.9	133.9	136	139.5	140.9	143.5
		Wt (kg)	<b>23.9</b>	<b>25</b>	<b>25.6</b>	<b>27.1</b>	<b>28</b>	<b>29.8</b>	<b>31.7</b>	<b>32.7</b>	<b>34.4</b>	<b>35.1</b>	<b>36.4</b>
9	17.9	Ht (cm)	118.6	121.3	122.7	126.3	128.5	132.6	136.6	138.8	142.5	143.9	146.6
		Wt (kg)	<b>25.2</b>	<b>26.3</b>	<b>27</b>	<b>28.6</b>	<b>29.6</b>	<b>31.5</b>	<b>33.4</b>	<b>34.5</b>	<b>36.3</b>	<b>37.1</b>	<b>38.5</b>
9.5	18.2	Ht (cm)	120.8	123.5	125	128.8	131	135.2	139.4	<b>141.6</b>	<b>145.4</b>	146.8	149.6
		Wt (kg)	<b>26.5</b>	<b>27.7</b>	<b>28.4</b>	<b>30.1</b>	<b>31.2</b>	<b>33.2</b>	<b>35.3</b>	<b>36.5</b>	<b>38.4</b>	<b>39.2</b>	<b>40.7</b>
10	18.5	Ht (cm)	123	125.8	127.3	131.2	133.5	137.8	142.1	144.4	148.3	149.8	152.6
		Wt (kg)	<b>27.9</b>	<b>29.2</b>	<b>30</b>	<b>31.8</b>	<b>32.9</b>	<b>35.1</b>	<b>37.3</b>	<b>38.5</b>	<b>40.6</b>	<b>41.5</b>	<b>43</b>
10.5	18.8	Ht (cm)	125.2	128.1	129.6	133.6	136	140.4	144.8	147.2	151.2	152.7	155.6
		Wt (kg)	<b>29.5</b>	<b>30.9</b>	<b>31.6</b>	<b>33.6</b>	<b>34.8</b>	<b>37.1</b>	<b>39.4</b>	<b>40.8</b>	<b>43</b>	<b>43.9</b>	<b>45.6</b>
11	19.2	Ht (cm)	127.5	130.5	132	136.1	138.6	143.1	147.7	150.1	154.2	155.8	158.8
		Wt (kg)	<b>31.1</b>	<b>32.6</b>	<b>33.4</b>	<b>35.5</b>	<b>36.8</b>	<b>39.3</b>	<b>41.8</b>	<b>43.2</b>	<b>45.6</b>	<b>46.5</b>	<b>48.3</b>
11.5	19.5	Ht (cm)	129.9	133	134.6	138.8	141.3	146	150.6	153.1	157.4	159	162.1
		Wt (kg)	<b>33</b>	<b>34.6</b>	<b>35.4</b>	<b>37.7</b>	<b>39</b>	<b>41.7</b>	<b>44.4</b>	<b>45.8</b>	<b>48.4</b>	<b>49.4</b>	<b>51.3</b>
12	19.9	Ht (cm)	132.6	135.8	137.4	141.7	144.3	149.1	153.9	156.4	160.7	162.4	165.6
		Wt (kg)	<b>35.1</b>	<b>36.8</b>	<b>37.7</b>	<b>40.1</b>	<b>41.5</b>	<b>44.3</b>	<b>47.2</b>	<b>48.8</b>	<b>51.5</b>	<b>52.6</b>	<b>54.7</b>
12.5	20.4	Ht (cm)	135.6	138.8	140.5	144.9	147.5	152.4	157.3	160	164.4	166.1	169.3
		Wt (kg)	<b>37.4</b>	<b>39.3</b>	<b>40.2</b>	<b>42.8</b>	<b>44.4</b>	<b>47.4</b>	<b>50.4</b>	<b>52.1</b>	<b>55.1</b>	<b>56.2</b>	<b>58.4</b>
13	20.8	Ht (cm)	138.8	142.1	143.8	148.3	151	156	161.1	163.7	168.3	170	173.3
		Wt (kg)	<b>40.1</b>	<b>42</b>	<b>43.1</b>	<b>45.8</b>	<b>47.5</b>	<b>50.7</b>	<b>54</b>	<b>55.8</b>	<b>59</b>	<b>60.2</b>	<b>62.6</b>

Age (years)	BMI (z-scores + 1 SD)	Height percentiles (cm)/ screening weight (kg; bold numbers)											
		1% Ht	3% Ht	5% Ht	15% Ht	25% Ht	50% Ht	75% Ht	85% Ht	95% Ht	97% Ht	99% Ht	
13.5	21.3	Ht (cm)	142.1	145.4	147.2	151.8	154.6	159.7	164.8	167.5	172.2	173.9	177.3
		Wt (kg)	<b>43</b>	<b>45.1</b>	<b>46.2</b>	<b>49.1</b>	<b>50.9</b>	<b>54.3</b>	<b>57.9</b>	<b>59.8</b>	<b>63.1</b>	<b>64.4</b>	<b>67</b>
14	21.8	Ht (cm)	145.3	148.7	150.5	155.2	158	163.2	168.4	171.2	175.8	177.6	181.1
		Wt (kg)	<b>46</b>	<b>48.2</b>	<b>49.3</b>	<b>52.4</b>	<b>54.3</b>	<b>58</b>	<b>61.7</b>	<b>63.8</b>	<b>67.3</b>	<b>68.7</b>	<b>71.4</b>
14.5	22.2	Ht (cm)	148.2	151.7	153.5	158.3	161.1	166.3	171.5	174.4	179.1	180.9	184.4
		Wt (kg)	<b>48.9</b>	<b>51.2</b>	<b>52.4</b>	<b>55.7</b>	<b>57.7</b>	<b>61.5</b>	<b>65.4</b>	<b>67.6</b>	<b>71.3</b>	<b>72.8</b>	<b>75.6</b>
15	22.7	Ht (cm)	150.8	154.3	156.1	160.9	163.7	169	174.2	177	181.8	183.6	187.1
		Wt (kg)	<b>51.6</b>	<b>54</b>	<b>55.3</b>	<b>58.7</b>	<b>60.8</b>	<b>64.8</b>	<b>68.9</b>	<b>71.1</b>	<b>75</b>	<b>76.5</b>	<b>79.4</b>
15.5	23.1	Ht (cm)	153	156.5	158.3	163.1	165.9	171.1	176.4	179.2	184	185.8	189.3
		Wt (kg)	<b>54.1</b>	<b>56.6</b>	<b>57.9</b>	<b>61.5</b>	<b>63.6</b>	<b>67.7</b>	<b>71.9</b>	<b>74.3</b>	<b>78.3</b>	<b>79.8</b>	<b>82.8</b>
16	23.5	Ht (cm)	154.8	158.3	160.1	164.8	167.7	172.9	178.1	181	185.7	187.5	191
		Wt (kg)	<b>56.4</b>	<b>58.9</b>	<b>60.3</b>	<b>63.9</b>	<b>66.1</b>	<b>70.3</b>	<b>74.7</b>	<b>77</b>	<b>81.1</b>	<b>82.7</b>	<b>85.8</b>
16.5	23.9	Ht (cm)	156.3	159.7	161.5	166.2	169	174.2	179.4	182.2	186.9	188.7	192.2
		Wt (kg)	<b>58.4</b>	<b>61</b>	<b>62.4</b>	<b>66.1</b>	<b>68.3</b>	<b>72.6</b>	<b>77</b>	<b>79.4</b>	<b>83.5</b>	<b>85.2</b>	<b>88.3</b>
17	24.3	Ht (cm)	157.4	160.8	162.6	167.2	170	175.2	180.3	183.1	187.7	189.5	192.9
		Wt (kg)	<b>60.1</b>	<b>62.7</b>	<b>64.2</b>	<b>67.9</b>	<b>70.1</b>	<b>74.5</b>	<b>78.9</b>	<b>81.4</b>	<b>85.5</b>	<b>87.2</b>	<b>90.4</b>
17.5	24.6	Ht (cm)	158.2	161.5	163.3	167.9	170.7	175.8	180.9	183.6	188.2	190	193.4
		Wt (kg)	<b>61.6</b>	<b>64.2</b>	<b>65.6</b>	<b>69.4</b>	<b>71.7</b>	<b>76</b>	<b>80.5</b>	<b>82.9</b>	<b>87.1</b>	<b>88.8</b>	<b>92</b>
18	24.9	Ht (cm)	158.8	162.1	163.9	168.4	171.1	176.1	181.2	183.9	188.4	190.2	193.5
		Wt (kg)	<b>62.8</b>	<b>65.5</b>	<b>66.9</b>	<b>70.7</b>	<b>72.9</b>	<b>77.3</b>	<b>81.8</b>	<b>84.2</b>	<b>88.5</b>	<b>90.1</b>	<b>93.3</b>
18.5	25.2	Ht (cm)	159.2	162.5	164.2	168.7	171.4	176.4	181.4	184	188.5	190.3	193.6
		Wt (kg)	<b>63.9</b>	<b>66.5</b>	<b>68</b>	<b>71.7</b>	<b>74</b>	<b>78.4</b>	<b>82.9</b>	<b>85.3</b>	<b>89.5</b>	<b>91.2</b>	<b>94.4</b>
19	25.4	Ht (cm)	159.6	162.8	164.5	169	171.6	176.5	181.5	184.1	188.5	190.3	193.5
		Wt (kg)	<b>64.8</b>	<b>67.5</b>	<b>68.9</b>	<b>72.7</b>	<b>75</b>	<b>79.3</b>	<b>83.8</b>	<b>86.3</b>	<b>90.5</b>	<b>92.1</b>	<b>95.3</b>

\*Values of BMI and height are for 61 months of age. Ht: Height; Wt: Weight, SD: Standard Deviation;

The highlighted cells present an assessment for a 9-year-8-month-old boy, whose height and weight are, respectively, 143 cm and 35 kg.

Step 1: This boy's age (9 years and 8 months) is between the rows 9.5 years and 10 years.

Step 2: In the row 9.5 years, the boy's height (143cm) is between the columns 141.6 cm and 145.4 cm.

Step 3: The screening weight for 141.6 cm is 36.5 kg.

Step 4: The boy's weight (35kg) is below this screening unit grid of 36.5 kg. Therefore; this boy is not overweight

Note: Computation of individual BMI will be required for cases with height/weight values that occur between tabular values with inability for clear delineation.