

Appendix 24.2 Anthropometric measures and cut-offs for different age and population groups

Infants 1 to <6 months			
	W/H z-score		Oedema
Normal	≥ -2		0
Moderate	≥ -3 and < -2		0
Severe	< -3		Any of +, ++, +++
Children 6 to <60 months (<5 years)			
	W/H z-score	MUAC	Oedema
Normal	≥ -2	≥ 125 mm	0
Moderate	≥ -3 and < -2	≥ 115 mm and < 125 mm	0
Severe	< -3	< 115 mm	Any of +, ++, +++
Children 5 to <10 years			
	W/H z-score	MUAC*	Oedema
Normal	≥ -2	≥ 140 mm	0
Moderate	≥ -3 and < -2	≥ 130 mm and < 140 mm	0
Severe	< -3	< 130 mm	Any of +, ++, +++
Adolescents 10 to <20 years			
	% of the median W/H*		Oedema
Normal	$\geq 80\%$		0
Moderate	$\geq 70\%$ and $< 80\%$		0
Severe	$< 70\%$		Any of +, ++, +++
Adults 20 years or more			
	BMI	MUAC (*)	Oedema
Normal	≥ 18.5 and < 25	≥ 210 mm	0
Moderate	≥ 16 and < 18.5	≥ 185 mm and < 210 mm	0
Severe	< 16	< 185 mm	Any of +, ++, +++
Pregnant and Lactating Women			
		MUAC (*)	
Normal		≥ 230 mm	
Moderate		≥ 190 mm and < 230 mm	
Severe		< 190 mm	

* These cut-offs **do not** have the same level of evidence as those for children 6 to <60 months, but from a number of studies plus operational experience, we can be confident that these are a good marker of increased mortality. See tables below for the different age groups.

Appendix 24.3 Weight-for-Height Z score and BMI tables

Infants 1 month to <60 months (<5 years)

BOYS			Weight for Length (Lying down)					GIRLS		
- 3	- 2	- 1	Median	cm	Median	- 1	- 2	- 3		
1.9	2.0	2.2	2.4	45	2.5	2.3	2.1	1.9		
1.9	2.1	2.3	2.5	45.5	2.5	2.3	2.1	2.0		
2.0	2.2	2.4	2.6	46	2.6	2.4	2.2	2.0		
2.1	2.3	2.5	2.7	46.5	2.7	2.5	2.3	2.1		
2.1	2.3	2.5	2.8	47	2.8	2.6	2.4	2.2		
2.2	2.4	2.6	2.9	47.5	2.9	2.6	2.4	2.2		
2.3	2.5	2.7	2.9	48	3.0	2.7	2.5	2.3		
2.3	2.6	2.8	3.0	48.5	3.1	2.8	2.6	2.4		
2.4	2.6	2.9	3.1	49	3.2	2.9	2.6	2.4		
2.5	2.7	3.0	3.2	49.5	3.3	3.0	2.7	2.5		
2.6	2.8	3.0	3.3	50	3.4	3.1	2.8	2.6		
2.7	2.9	3.1	3.4	50.5	3.5	3.2	2.9	2.7		
2.7	3.0	3.2	3.5	51	3.6	3.3	3.0	2.8		
2.8	3.1	3.3	3.6	51.5	3.7	3.4	3.1	2.8		
2.9	3.2	3.5	3.8	52	3.8	3.5	3.2	2.9		
3.0	3.3	3.6	3.9	52.5	3.9	3.6	3.3	3.0		
3.1	3.4	3.7	4.0	53	4.0	3.7	3.4	3.1		
3.2	3.5	3.8	4.1	53.5	4.2	3.8	3.5	3.2		
3.3	3.6	3.9	4.3	54	4.3	3.9	3.6	3.3		
3.4	3.7	4.0	4.4	54.5	4.4	4.0	3.7	3.4		
3.6	3.8	4.2	4.5	55	4.5	4.2	3.8	3.5		
3.7	4.0	4.3	4.7	55.5	4.7	4.3	3.9	3.6		
3.8	4.1	4.4	4.8	56	4.8	4.4	4.0	3.7		
3.9	4.2	4.6	5.0	56.5	5.0	4.5	4.1	3.8		
4.0	4.3	4.7	5.1	57	5.1	4.6	4.3	3.9		
4.1	4.5	4.9	5.3	57.5	5.2	4.8	4.4	4.0		
4.3	4.6	5.0	5.4	58	5.4	4.9	4.5	4.1		
4.4	4.7	5.1	5.6	58.5	5.5	5.0	4.6	4.2		
4.5	4.8	5.3	5.7	59	5.6	5.1	4.7	4.3		
4.6	5.0	5.4	5.9	59.5	5.7	5.3	4.8	4.4		
4.7	5.1	5.5	6.0	60	5.9	5.4	4.9	4.5		
4.8	5.2	5.6	6.1	60.5	6.0	5.5	5.0	4.6		
4.9	5.3	5.8	6.3	61	6.1	5.6	5.1	4.7		
5.0	5.4	5.9	6.4	61.5	6.3	5.7	5.2	4.8		
5.1	5.6	6.0	6.5	62	6.4	5.8	5.3	4.9		
5.2	5.7	6.1	6.7	62.5	6.5	5.9	5.4	5.0		
5.3	5.8	6.2	6.8	63	6.6	6.0	5.5	5.1		
5.4	5.9	6.4	6.9	63.5	6.7	6.2	5.6	5.2		
5.5	6.0	6.5	7.0	64	6.9	6.3	5.7	5.3		
5.6	6.1	6.6	7.1	64.5	7.0	6.4	5.8	5.4		
5.7	6.2	6.7	7.3	65	7.1	6.5	5.9	5.5		
5.8	6.3	6.8	7.4	65.5	7.2	6.6	6.0	5.5		
5.9	6.4	6.9	7.5	66	7.3	6.7	6.1	5.6		
6.0	6.5	7.0	7.6	66.5	7.4	6.8	6.2	5.7		
6.1	6.6	7.1	7.7	67	7.5	6.9	6.3	5.8		
6.2	6.7	7.2	7.9	67.5	7.6	7.0	6.4	5.9		
6.3	6.8	7.3	8.0	68	7.7	7.1	6.5	6.0		
6.4	6.9	7.5	8.1	68.5	7.9	7.2	6.6	6.1		
6.5	7.0	7.6	8.2	69	8.0	7.3	6.7	6.1		
6.6	7.1	7.7	8.3	69.5	8.1	7.4	6.8	6.2		
6.6	7.2	7.8	8.4	70	8.2	7.5	6.9	6.3		
6.7	7.3	7.9	8.5	70.5	8.3	7.6	6.9	6.4		
6.8	7.4	8.0	8.6	71	8.4	7.7	7.0	6.5		
6.9	7.5	8.1	8.8	71.5	8.5	7.7	7.1	6.5		
7.0	7.6	8.2	8.9	72	8.6	7.8	7.2	6.6		
7.1	7.6	8.3	9.0	72.5	8.7	7.9	7.3	6.7		
7.2	7.7	8.4	9.1	73	8.8	8.0	7.4	6.8		
7.2	7.8	8.5	9.2	73.5	8.9	8.1	7.4	6.9		
7.3	7.9	8.6	9.3	74	9.0	8.2	7.5	6.9		
7.4	8.0	8.7	9.4	74.5	9.1	8.3	7.6	7.0		

For guidance on accurate measurement of height or length, see page 155.

BOYS			Weight for Length (Lying down)					GIRLS	
- 3	- 2	- 1	Median	cm	Median	- 1	- 2	- 3	
7.5	8.1	8.8	9.5	75	9.1	8.4	7.7	7.1	
7.6	8.2	8.8	9.6	75.5	9.2	8.5	7.8	7.1	
7.6	8.3	8.9	9.7	76	9.3	8.5	7.8	7.2	
7.7	8.3	9.0	9.8	76.5	9.4	8.6	7.9	7.3	
7.8	8.4	9.1	9.9	77	9.5	8.7	8.0	7.4	
7.9	8.5	9.2	10.0	77.5	9.6	8.8	8.1	7.4	
7.9	8.6	9.3	10.1	78	9.7	8.9	8.2	7.5	
8.0	8.7	9.4	10.2	78.5	9.8	9.0	8.2	7.6	
8.1	8.7	9.5	10.3	79	9.9	9.1	8.3	7.7	
8.2	8.8	9.5	10.4	79.5	10.0	9.1	8.4	7.7	
8.2	8.9	9.6	10.4	80	10.1	9.2	8.5	7.8	
8.3	9.0	9.7	10.5	80.5	10.2	9.3	8.6	7.9	
8.4	9.1	9.8	10.6	81	10.3	9.4	8.7	8.0	
8.5	9.1	9.9	10.7	81.5	10.4	9.5	8.8	8.1	
8.5	9.2	10.0	10.8	82	10.5	9.6	8.8	8.1	
8.6	9.3	10.1	10.9	82.5	10.6	9.7	8.9	8.2	
8.7	9.4	10.2	11.0	83	10.7	9.8	9.0	8.3	
8.8	9.5	10.3	11.2	83.5	10.9	9.9	9.1	8.4	
8.9	9.6	10.4	11.3	84	11.0	10.1	9.2	8.5	
9.0	9.7	10.5	11.4	84.5	11.1	10.2	9.3	8.6	
9.1	9.8	10.6	11.5	85	11.2	10.3	9.4	8.7	
9.2	9.9	10.7	11.6	85.5	11.3	10.4	9.5	8.8	
9.3	10.0	10.8	11.7	86	11.5	10.5	9.7	8.9	
9.4	10.1	11.0	11.9	86.5	11.6	10.6	9.8	9.0	

BOYS				Weight for Height (Standing up)					GIRLS
- 3	- 2	- 1	Median	cm	Median	- 1	- 2	- 3	
9.6	10.4	11.2	12.2	87	11.9	10.9	10.0	9.2	
9.7	10.5	11.3	12.3	87.5	12.0	11.0	10.1	9.3	
9.8	10.6	11.5	12.4	88	12.1	11.1	10.2	9.4	
9.9	10.7	11.6	12.5	88.5	12.3	11.2	10.3	9.5	
10.0	10.8	11.7	12.6	89	12.4	11.4	10.4	9.6	
10.1	10.9	11.8	12.8	89.5	12.5	11.5	10.5	9.7	
10.2	11.0	11.9	12.9	90	12.6	11.6	10.6	9.8	
10.3	11.1	12.0	13.0	90.5	12.8	11.7	10.7	9.9	
10.4	11.2	12.1	13.1	91	12.9	11.8	10.9	10.0	
10.5	11.3	12.2	13.2	91.5	13.0	11.9	11.0	10.1	
10.6	11.4	12.3	13.4	92	13.1	12.0	11.1	10.2	
10.7	11.5	12.4	13.5	92.5	13.3	12.1	11.2	10.3	
10.8	11.6	12.6	13.6	93	13.4	12.3	11.3	10.4	
10.9	11.7	12.7	13.7	93.5	13.5	12.4	11.4	10.5	
11.0	11.8	12.8	13.8	94	13.6	12.5	11.5	10.6	
11.1	11.9	12.9	13.9	94.5	13.8	12.6	11.6	10.7	
11.1	12.0	13.0	14.1	95	13.9	12.7	11.7	10.8	
11.2	12.1	13.1	14.2	95.5	14.0	12.8	11.8	10.8	
11.3	12.2	13.2	14.3	96	14.1	12.9	11.9	10.9	
11.4	12.3	13.3	14.4	96.5	14.3	13.1	12.0	11.0	
11.5	12.4	13.4	14.6	97	14.4	13.2	12.1	11.1	
11.6	12.5	13.6	14.7	97.5	14.5	13.3	12.2	11.2	
11.7	12.6	13.7	14.8	98	14.7	13.4	12.3	11.3	
11.8	12.8	13.8	14.9	98.5	14.8	13.5	12.4	11.4	
11.9	12.9	13.9	15.1	99	14.9	13.7	12.5	11.5	
12.0	13.0	14.0	15.2	99.5	15.1	13.8	12.7	11.6	
12.1	13.1	14.2	15.4	100	15.2	13.9	12.8	11.7	
12.2	13.2	14.3	15.5	100.5	15.4	14.1	12.9	11.9	
12.3	13.3	14.4	15.6	101	15.5	14.2	13.0	12.0	
12.4	13.4	14.5	15.8	101.5	15.7	14.3	13.1	12.1	
12.5	13.6	14.7	15.9	102	15.8	14.5	13.3	12.2	
12.6	13.7	14.8	16.1	102.5	16.0	14.6	13.4	12.3	
12.8	13.8	14.9	16.2	103	16.1	14.7	13.5	12.4	
12.9	13.9	15.1	16.4	103.5	16.3	14.9	13.6	12.5	
13.0	14.0	15.2	16.5	104	16.4	15.0	13.8	12.6	
13.1	14.2	15.4	16.7	104.5	16.6	15.2	13.9	12.8	
13.2	14.3	15.5	16.8	105	16.8	15.3	14.0	12.9	
13.3	14.4	15.6	17.0	105.5	16.9	15.5	14.2	13.0	
13.4	14.5	15.8	17.2	106	17.1	15.6	14.3	13.1	
13.5	14.7	15.9	17.3	106.5	17.3	15.8	14.5	13.3	
13.7	14.8	16.1	17.5	107	17.5	15.9	14.6	13.4	
13.8	14.9	16.2	17.7	107.5	17.7	16.1	14.7	13.5	
13.9	15.1	16.4	17.8	108	17.8	16.3	14.9	13.7	
14.0	15.2	16.5	18.0	108.5	18.0	16.4	15.0	13.8	
14.1	15.3	16.7	18.2	109	18.2	16.6	15.2	13.9	
14.3	15.5	16.8	18.3	109.5	18.4	16.8	15.4	14.1	
14.4	15.6	17.0	18.5	110	18.6	17.0	15.5	14.2	
14.5	15.8	17.1	18.7	110.5	18.8	17.1	15.7	14.4	
14.6	15.9	17.3	18.9	111	19.0	17.3	15.8	14.5	
14.8	16.0	17.5	19.1	111.5	19.2	17.5	16.0	14.7	
14.9	16.2	17.6	19.2	112	19.4	17.7	16.2	14.8	
15.0	16.3	17.8	19.4	112.5	19.6	17.9	16.3	15.0	
15.2	16.5	18.0	19.6	113	19.8	18.0	16.5	15.1	
15.3	16.6	18.1	19.8	113.5	20.0	18.2	16.7	15.3	
15.4	16.8	18.3	20.0	114	20.2	18.4	16.8	15.4	
15.6	16.9	18.5	20.2	114.5	20.5	18.6	17.0	15.6	
15.7	17.1	18.6	20.4	115	20.7	18.8	17.2	15.7	
15.8	17.2	18.8	20.6	115.5	20.9	19.0	17.3	15.9	
16.0	17.4	19.0	20.8	116	21.1	19.2	17.5	16.0	
16.1	17.5	19.2	21.0	116.5	21.3	19.4	17.7	16.2	
16.2	17.7	19.3	21.2	117	21.5	19.6	17.8	16.3	
16.4	17.9	19.5	21.4	117.5	21.7	19.8	18.0	16.5	
16.5	18.0	19.7	21.6	118	22.0	19.9	18.2	16.6	
16.7	18.2	19.9	21.8	118.5	22.2	20.1	18.4	16.8	
16.8	18.3	20.0	22.0	119	22.4	20.3	18.5	16.9	
16.9	18.5	20.2	22.2	119.5	22.6	20.5	18.7	17.1	
17.1	18.6	20.4	22.4	120	22.8	20.7	18.9	17.3	

Children 5 to <10 years

MALE			Weight-for-Height (Standing up)					FEMALE		
-3	-2	-1	Median	cm	Median	-1	-2	-3		
14.4	15.6	17.0	18.5	110	18.6	17.0	15.5	14.2		
14.5	15.8	17.1	18.7	110.5	18.8	17.1	15.7	14.4		
14.6	15.9	17.3	18.9	111	19.0	17.3	15.8	14.5		
14.8	16.0	17.5	19.1	111.5	19.2	17.5	16.0	14.7		
14.9	16.2	17.6	19.2	112	19.4	17.7	16.2	14.8		
15.0	16.3	17.8	19.4	112.5	19.6	17.9	16.3	15.0		
15.2	16.5	18.0	19.6	113	19.8	18.0	16.5	15.1		
15.3	16.6	18.1	19.8	113.5	20.0	18.2	16.7	15.3		
15.4	16.8	18.3	20.0	114	20.2	18.4	16.8	15.4		
15.6	16.9	18.5	20.2	114.5	20.5	18.6	17.0	15.6		
15.7	17.1	18.6	20.4	115	20.7	18.8	17.2	15.7		
15.8	17.2	18.8	20.6	115.5	20.9	19.0	17.3	15.9		
16.0	17.4	19.0	20.8	116	21.1	19.2	17.5	16.0		
16.1	17.5	19.2	21.0	116.5	21.3	19.4	17.7	16.2		
16.2	17.7	19.3	21.2	117	21.5	19.6	17.8	16.3		
16.4	17.9	19.5	21.4	117.5	21.7	19.8	18.0	16.5		
16.5	18.0	19.7	21.6	118	22.0	19.9	18.2	16.6		
16.7	18.2	19.9	21.8	118.5	22.2	20.1	18.4	16.8		
16.8	18.3	20.0	22.0	119	22.4	20.3	18.5	16.9		
16.9	18.5	20.2	22.2	119.5	22.6	20.5	18.7	17.1		
17.1	18.6	20.4	22.4	120	22.8	20.7	18.7	17.2		
17.5	19.0	20.6	22.4	120.5	22.8	20.8	18.8	17.3		
17.9	19.2	20.8	22.5	121	22.9	20.9	18.9	17.3		
18.0	19.3	21.0	22.9	121.5	23.0	20.9	19.0	17.4		
18.3	19.6	21.1	23.1	122	23.1	21.0	19.1	17.6		
18.5	19.8	21.3	23.3	122.5	23.3	21.1	19.2	17.7		
18.6	20.0	21.6	23.4	123	23.4	21.2	19.4	17.9		
18.8	20.1	21.8	23.8	123.5	23.6	21.4	19.5	18.0		
18.9	20.3	22.0	24.0	124	23.8	21.5	19.7	18.1		
19.1	20.5	22.2	24.2	124.5	24.2	21.7	19.8	18.3		
19.2	20.6	22.3	24.4	125	24.4	22.0	20.0	18.4		
19.4	20.8	22.5	24.6	125.5	24.6	22.2	20.3	18.7		
19.7	21.1	22.7	24.9	126	24.9	22.4	20.5	18.9		
19.8	21.3	23.0	25.1	126.5	25.1	22.6	20.6	19.0		
20.0	21.5	23.2	25.3	127	25.3	22.7	20.8	19.2		
20.2	21.6	23.4	25.7	127.5	25.5	23.1	21.0	19.3		
20.3	21.8	23.6	25.9	128	25.9	23.3	21.1	19.5		
20.5	22.0	23.8	26.1	128.5	26.1	23.4	21.5	19.6		
20.6	22.3	24.1	26.3	129	26.3	23.6	21.6	20.0		
21.0	22.5	24.3	26.7	129.5	26.7	24.0	21.8	20.1		
21.1	22.6	24.5	26.9	130	26.9	24.2	22.0	20.3		
21.3	22.8	24.7	27.1	130.5	27.1	24.4	22.1	20.4		
21.5	23.0	24.9	27.3	131	27.5	24.5	22.5	20.6		
21.6	23.2	25.2	27.7	131.5	27.7	24.9	22.7	20.9		
21.8	23.5	25.4	27.9	132	28.1	25.1	22.8	21.1		
22.1	23.7	25.6	28.1	132.5	28.3	25.3	23.0	21.2		
22.3	23.9	25.8	28.5	133	28.5	25.6	23.3	21.4		
22.5	24.1	26.2	28.7	133.5	28.9	25.8	23.5	21.6		
22.6	24.2	26.4	28.9	134	29.1	26.0	23.7	21.9		
22.8	24.6	26.6	29.3	134.5	29.5	26.4	23.9	22.1		
23.1	24.8	27.0	29.5	135	29.7	26.6	24.2	22.2		
23.3	25.0	27.2	29.9	135.5	29.9	26.8	24.4	22.4		
23.5	25.2	27.4	30.1	136	30.3	27.2	24.6	22.8		
23.7	25.5	27.6	30.4	136.5	30.6	27.4	25.0	22.9		
23.8	25.7	28.0	30.8	137	31.0	27.6	25.2	23.1		
24.2	25.9	28.2	31.0	137.5	31.2	28.0	25.3	23.3		
24.4	26.3	28.6	31.4	138	31.6	28.2	25.5	23.6		
24.6	26.5	28.8	31.7	138.5	31.8	28.4	25.9	23.8		
24.7	26.7	29.0	32.1	139	32.3	28.8	26.1	24.0		
25.1	26.9	29.2	32.3	139.5	32.5	29.0	26.3	24.1		
25.3	27.2	29.6	32.5	140	32.9	29.4	26.7	24.5		

Adolescents 10 to <20 years

MALE					Weight-for-Height (Standing up)				FEMALE
70%	80%	85%	Median	cm	Median	85%	80%	70%	
25,1	27,2	29,6	32,5	140	32,9	29,4	26,7	24,5	
25,2	27,4	29,7	33,0	140,5	33,2	29,6	26,8	24,7	
25,2	27,6	29,9	33,4	141	33,6	29,8	27,0	24,9	
25,3	28,0	30,0	33,8	141,5	33,8	30,2	27,4	25,0	
25,4	28,2	30,2	34,1	142	34,1	30,4	27,6	25,2	
25,4	28,4	30,3	34,7	142,5	34,8	30,7	27,8	25,6	
25,5	28,8	30,5	35,0	143	35,6	31,1	28,0	25,7	
25,6	29,0	30,6	35,3	143,5	36,0	31,3	28,4	25,8	
25,6	29,1	30,8	35,7	144	36,4	31,4	28,6	25,9	
25,7	29,2	30,9	36,1	144,5	36,9	31,5	29,1	26,0	
25,8	29,2	31,0	36,5	145	37,1	31,5	29,7	26,0	
25,8	29,5	31,3	36,8	145,5	37,4	31,8	29,9	26,2	
26,0	29,7	31,6	37,2	146	37,8	32,1	30,2	26,5	
26,3	30,0	31,9	37,6	146,5	38,1	32,4	30,5	26,7	
26,5	30,3	32,2	37,9	147	38,4	32,6	30,7	26,9	
26,8	30,6	32,5	38,3	147,5	38,8	33,0	31,0	27,2	
27,0	30,9	32,8	38,6	148	39,1	33,2	31,3	27,4	
27,3	31,2	33,1	39,0	148,5	39,5	33,6	31,6	27,7	
27,5	31,5	33,4	39,3	149	39,8	33,8	31,8	27,9	
27,8	31,7	33,7	39,7	149,5	40,1	34,1	32,1	28,1	
28,0	32,0	34,0	40,0	150	40,5	34,4	32,4	28,4	
28,3	32,3	34,3	40,4	150,5	40,8	34,7	32,6	28,6	
28,5	32,6	34,7	40,8	151	41,2	35,0	33,0	28,8	
28,8	32,9	34,9	41,1	151,5	41,5	35,3	33,2	29,1	
29,1	33,2	35,3	41,5	152	41,9	35,6	33,5	29,3	
29,3	33,5	35,6	41,9	152,5	42,3	36,0	33,8	29,6	
29,6	33,8	35,9	42,3	153	42,6	36,2	34,1	29,8	
29,8	34,1	36,2	42,6	153,5	43,0	36,6	34,4	30,1	
30,1	34,4	36,6	43,0	154	43,4	36,9	34,7	30,4	
30,4	34,7	36,9	43,4	154,5	43,8	37,2	35,0	30,7	
30,7	35,0	37,2	43,8	155	44,2	37,6	35,4	30,9	
30,9	35,4	37,6	44,2	155,5	44,6	37,9	35,7	31,2	
31,2	35,7	37,9	44,6	156	45,1	38,3	36,1	31,6	
31,5	36,0	38,3	45,0	156,5	45,5	38,7	36,4	31,9	
31,8	36,3	38,6	45,4	157	46,0	39,1	36,8	32,2	
32,1	36,7	38,9	45,8	157,5	46,5	39,5	37,2	32,6	
32,4	37,0	39,3	46,2	158	47,0	40,0	37,6	32,9	
32,7	37,3	39,6	46,6	158,5	47,6	40,5	38,1	33,3	
33,0	37,7	40,0	47,1	159	48,2	41,0	38,6	33,7	
33,3	38,0	40,4	47,5	159,5	48,9	41,6	39,1	34,2	
33,6	38,4	40,8	48,0	160	49,7	42,2	39,8	34,8	
33,9	38,7	41,1	48,4	160,5	50,5	42,9	40,4	35,4	
34,2	39,1	41,5	48,8	161	51,6	43,9	41,3	36,1	
34,5	39,4	41,9	49,3	161,5	52,8	44,9	42,2	37,0	
34,8	39,8	42,3	49,8	162	54,5	46,3	43,6	37,8	
35,1	40,2	42,7	50,2	162,5	56,1	47,7	44,9	38,3	
35,5	40,5	43,1	50,7	163	56,4	47,9	45,1	38,8	
35,8	40,9	43,5	51,1	163,5	56,7	48,2	45,4	39,0	
36,1	41,3	43,9	51,6	164	57,0	48,4	45,6	39,5	
36,5	41,7	44,3	52,1	164,5	57,3	48,7	45,8	39,8	
36,8	42,1	44,7	52,6	165	57,6	48,9	46,0	40,0	

USE BMI

Adults 20 years or more: Body Mass Index

Kg cm	142	145	147	150	152	155	157	160	163	165	168	170	173	175	178	180	183	185	188	191	193	196	
118	58	56	54	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	32	32	32	31
116	57	55	53	51	50	48	47	45	44	42	41	40	39	38	37	36	35	34	33	32	32	31	30
113	56	54	52	50	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	31	30	30
111	55	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	32	31	31	30	30	29
109	54	52	50	48	47	45	44	43	41	40	39	38	36	35	34	33	33	32	31	30	29	29	28
107	53	51	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	29	29	28
104	52	50	48	46	45	43	42	41	39	38	37	36	35	34	33	32	31	30	30	29	29	28	27
102	50	49	47	45	44	43	41	40	39	37	36	35	34	33	32	31	31	30	29	28	27	27	27
100	49	48	46	44	43	42	40	39	38	37	36	34	33	32	32	31	30	29	28	27	27	27	26
98	48	47	45	43	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26	26	25
95	47	45	44	42	41	40	38	37	36	35	34	33	32	31	30	29	28	28	27	26	26	26	25
93	46	44	43	41	40	39	37	36	35	34	33	32	31	30	29	29	28	27	26	26	26	25	24
91	45	43	42	40	39	38	37	35	34	33	32	31	30	30	29	28	27	26	26	25	24	24	24
89	44	42	41	39	38	37	36	35	33	32	31	31	30	29	28	27	26	26	25	24	24	24	23
86	43	41	40	38	37	36	35	34	33	32	31	30	29	28	27	26	26	25	24	24	23	23	23
84	41	40	39	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	23	22
82	40	39	38	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	22	21
79	39	38	37	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	22	21	21
77	38	37	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	21	20
75	37	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	20	20

Kg	cm	142	145	147	150	152	155	157	160	163	165	168	170	173	175	178	180	183	185	188	191	193	196
73		36	35	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	19	19
70		35	34	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19	18
68		34	32	31	30	29	28	27	27	26	25	24	23	23	22	22	21	20	20	19	19	18	18
66		33	31	30	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18	17
64		31	30	29	28	27	26	26	25	24	23	23	22	21	21	20	20	19	18	18	17	17	17
61		30	29	28	27	26	26	25	24	23	22	22	21	21	20	19	19	18	18	17	17	16	16
59		29	28	27	26	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16	15
57		28	27	26	25	24	24	23	22	21	21	20	20	19	18	18	17	17	16	16	16	15	15
54		27	26	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15	14
52		26	25	24	23	22	22	21	20	20	19	19	18	17	17	16	16	16	15	15	14	14	14
50		25	24	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15	14	14	13	13
48		24	23	22	21	21	20	19	19	18	17	17	16	16	16	15	15	14	14	13	13	13	12
45		22	22	21	20	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	12	12	12
43		21	21	20	19	19	18	17	17	16	16	15	15	14	14	14	13	13	13	12	12	12	11
41		20	19	19	18	18	17	16	16	15	15	15	14	14	13	13	13	12	12	12	11	11	11
39		19	18	18	17	17	16	16	15	15	14	14	13	13	13	12	12	12	11	11	11	10	10
36		18	17	17	16	16	15	15	14	14	13	13	13	12	12	11	11	11	11	10	10	10	9

Body Mass Index = Weight (Kg) / Height (metres)²

- Obese: ≥ 30
- Overweight: ≥ 25 and < 30
- Normal: $\geq 18,5$ and < 25
- Moderate acute malnutrition (MAM): ≥ 16 and $< 18,5$
- Severe acute malnutrition (SAM): < 16