

BODY MASS INDEX (BMI)* PERCENTILES IN DIAGNOSIS & FAMILY-BASED TREATMENT OF AN

– GIRLS (7 – 16 years)

Age	Median BMI for Age (used to define Expected Body Weight EBW** in FBT)	BMI indicative of AN ($\leq 85\%$ mBMI / EBW)	BMI above which FBT is most suitable ($\geq 75\%$ mBMI / EBW)	BMI above which phase II FBT is indicated / menses likely to return ($\geq 90\%$ mBMI / EBW)
7	15.4	13.1	11.5	13.9
7.5	15.6	13.3	11.7	14.0
8	15.8	13.4	11.8	14.2
8.5	16.0	13.6	12.0	14.4
9	16.3	13.9	12.2	14.7
9.5	16.6	14.1	12.4	14.9
10	16.8	14.3	12.6	15.1
10.5	17.2	14.6	12.9	15.5
11	17.4	14.8	13.0	15.7
11.5	17.8	15.1	13.3	16.0
12	18.0	15.3	13.5	16.2
12.5	18.4	15.6	13.8	16.6
13	18.7	15.9	14.0	16.8
13.5	19.0	16.1	14.2	17.1
14	19.4	16.5	14.6	17.5
14.5	19.6	16.7	14.7	17.6
15	19.9	16.9	14.9	17.9
15.5	20.2	17.2	15.1	18.2
16	20.4	17.3	15.3	18.4
16.5	20.6	17.5	15.4	18.5

(*) $BMI = \text{weight (kg)} \div \text{height (m)}^2$

(**) BMI at 50th percentile or median BMI (mBMI is used in Family-Based Treatment for AN to define a client's 'Expected Body Weight' (EBW), and provides a general guide to expected healthy BMI for age. Healthy BMI for age for very slight or robust framed individuals may range above or below this figure. Delayed height growth (stunting) will require separate assessment by reviewing history of height velocity and expected height for age. Assessment by a Paediatrician will provide a more comprehensive guide to an individual's healthy weight and growth status.

Le Grange D et al. (2012) Calculation of Expected Body Weight in Adolescents with Eating Disorders. Paediatrics 129; e438.