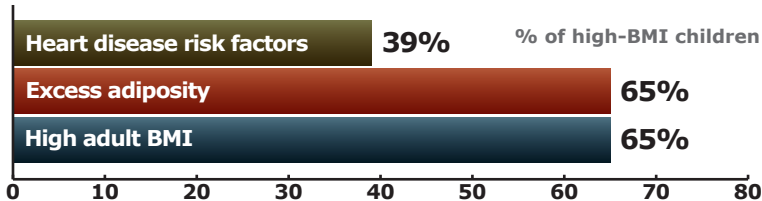


Don't Discount the BMI

While some have questioned body-mass index (BMI) as a reliable health indicator, children with a BMI > 95th percentile on CDC growth charts appear to be at greater risk for poor health, according to an often-cited study:



**Children in the 95th or higher percentile had at least two risk factors for cardiovascular disease.*

SOURCE: Cardiovascular risk factors and excess adiposity among overweight children and adolescents: The Bogalusa Heart Study. *Journal of Pediatrics*, 2007;150(1).