

Hello. My name is Commander Alyson Goodman. I'm a pediatrician and epidemiologist in CDC's Division of Nutrition, Physical Activity, and Obesity. Childhood obesity is a serious chronic disease and has increased in prevalence substantially over the past forty years. In two-thousand-eighteen, more than four-point-five million children and adolescents were living with severe obesity. The two-thousand CDC BMI-for-Age growth charts do not extend to values high enough for practitioners to use for children with severe obesity.

To address this issue, CDC developed the two-thousand-twenty-two Extended BMI-for-Age growth charts using more recent data on children with obesity and updated methods. These extended BMI growth charts allow providers to optimize care for children and adolescents with very high BMI, including those above the ninety-seventh percentile. The extended growth charts allow clinicians to track growth, monitor BMI, and work with families on an evidence-based care plan.

You can see here that the extended growth charts can allow a clinician and family to visualize their BMI-related treatment successes together. The extended BMI growth charts add four percentile curves above the ninety-fifth percentile. These four new percentiles are the ninety-eighth, ninety-ninth, ninety-nine-point-ninth, and ninety-nine-point-ninety-ninth. The new percentiles are distinguished by colored shading. You can now plot BMI values up to sixty kilograms per meter squared, and there is a visual line representing the threshold for severe obesity at one-hundred-twenty percent of the ninety-fifth percentile.

Existing two-thousand CDC BMI-for-Age growth charts and growth chart percentiles in use for children and adolescents without obesity are not changing. Additionally, BMI categories have not changed, including the threshold for severe obesity. The two-thousand-twenty-two extended growth charts allow clinicians to track growth, monitor BMI, and work with families on an evidence-based care plan, which includes safe and effective treatment options such as referral to family healthy weight programs, which are comprehensive lifestyle behavioral interventions.

Thank you.