

Annexure 6

BMI for age classification according to percentiles

Cut off values	Categories
$\geq 97^{\text{th}}$ percentile	Obese
$\geq 85^{\text{th}}$ to $< 97^{\text{th}}$ percentile	Over weight
50^{th} to $< 85^{\text{th}}$ percentile	Normal
$< 50^{\text{th}}$ to $\geq 15^{\text{th}}$ percentile	Mild under weight
$< 15^{\text{th}}$ to $\geq 3^{\text{rd}}$ percentile	Moderate under weight
$< 3^{\text{rd}}$ percentile	Severe under weight

Source: Nutritional status according to WHO 2007 (de Onis et al. (2007)

BMI for age classification according to z- scores

Cut off values	Categories
-1 to +1 z score	Normal weight
$> +2$ to $+3$ z score	Over weight
$> +3$ z score	Obese
< -1 to -2 z score	Mild under weight
< -2 to -3 z score	Moderate under weight
< -3 z score	Severe under weight

Source: Nutritional status according to WHO 2007 (de Onis et al. (2007)

Central Obesity

High Waist Circumference	
Age (years)	Criteria
6 - < 10	$\geq 90^{\text{th}}$ percentile
10 - > 16	$\geq 90^{\text{th}}$ percentile or adult cut off
16 or more	Adult cut off
High Waist to Height Ratio	
≥ 0.5	

Source: High Waist circumference (Ferna'ndez et al.2004), High waist to height ratio (McCarthy and Ashwell. 2006)

Hypertension

Cut off values	Categories
< 90 th	Normal
≥ 90 th to < 95 th	Pre hypertension
≥ 95 th to 99 th plus 5 mmHg	Stage I (Primary hypertension)
> 99 th plus 5 mmHg	Stage II (Secondary hypertension)

Source: (NIH 2005)

Anemia

Age wise classification	
5 – 11 years	> 11.0 g/dl
12 – 14 years	≥ 11.5 g/dl
15 or above (females)	≥ 12.0 g/dl
15 or above (males)	≥ 13.0 g/dl
Severity of anemia	
≥ 12 g/dl	Normal
10.1 – 11.9 g/dl	Mild anemic
7.1 – 10 g/dl	Moderate anemic
≤ 7.0 g/dl	Severe anemic

Source: WHO 2007

Dyslipidemia and Glucose Intolerance

Classification	Optimal values				
	TC	LDL- C	TG	HDL	FBS
ATP III	< 200	< 100	< 150	> 40	
AHA	< 200	< 130	≤ 150	≥ 35	
IDF					< 100

Source: ATP III 2002, AHA classification, IDF 2007