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**INDUSTRY STANDARD OF THE
PEOPLE'S REPUBLIC OF CHINA**

WS/T 586-2018

**Screening for overweight and obesity among school-age
children and adolescents
(English Translation)**

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Foreword

This standard was drafted in accordance with the rules given in GB/T 1.1-2009.

This standard was drafted. Peking University Institute of Child and Adolescent Health, China Center for Disease Control and Prevention, Institute of Nutrition and Health, Maternal and Child Health Center of the Chinese Center for Disease Control and Prevention.

1 Scope

This standard specifies screening methods for overweight and obesity among school-age children and adolescents aged 6 to 18 years, including screening for overweight and obesity.

Boundary value, judgment, description and technical requirements.

This standard is applicable to the screening of overweight and obesity among school-age children and adolescents aged 6 to 18 years old in all ethnic groups in China.

2 Normative references

The following documents are indispensable for the application of this document. For dated references, only the dated version applies to this document.

For undated references, the latest edition (including all amendments) applies to this document.

GB/T 26343 Student Health Check Technical Specifications

3 Terms and definitions

The following terms and definitions apply to this document.

Overweight Excessive accumulation of body fat, a pre-obese state that may cause health damage.

Obese obesity

Caused by multiple factors, because energy intake exceeds energy consumption, resulting in excessive accumulation of body fat to a chronic metabolic hazard disease.

Body mass index; BMI BMI Body mass index an index that calculates the height and weight of a body. Calculate formula (1).

BMI=

Weight (kg)

[height (m)]²

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4.1 Gender-specific BMI screening for overweight and obesity

BMI screening for overweight and obesity in school-age children and adolescents between the ages of 6 and 18 is shown in Table 1.

Table 1 6- to 18-year-old school-age children and adolescents gender-age BMI screening for overweight and obesity

The unit is Kg/m²

Age boys and girls

(years old) overweight, obese, overweight, obese 6.0~ 16.4 17.7 16.2 17.5 6.5~ 16.7 18.1 16.5 18.0 7.0 to 17.0 18.7 16.8 18.5 7.5~ 17.4 19.2 17.2 19.0 8.0~ 17.8 19.7 17.6 19.4 8.5~ 18.1 20.3 18.1 19.9 9.0~ 18.5 20.8 18.5 20.4 9.5 to 18.9 21.4 19.0 21.0 10.0~ 19.2 21.9 19.5 21.5 10.5~ 19.6 22.5 20.0 22.1 11.0~ 19.9 23.0 20.5 22.7 11.5 to 20.3 23.6 21.1 23.3 12.0~ 20.7 24.1 21.5 23.9 12.5 to 21.0 24.7 21.9 24.5 13.0~ 21.4 25.2 22.2 25.0 13.5~ 21.9 25.7 22.6 25.6 14.0~ 22.3 26.1 22.8 25.9 14.5~ 22.6 26.4 23.0 26.3 15.0 to 22.9 26.6 23.2 26.6 15.5~ 23.1 26.9 23.4 26.9 16.0~ 23.3 27.1 23.6 27.1 16.5~ 23.5 27.4 23.7 27.4 17.0~ 23.7 27.6 23.8 27.6 17.5 to 23.8 27.8 23.9 27.8 18.0~ 24.0 28.0 24.0 28.0 WS/T 586-2017

4.2 Judgment of overweight and obesity

Use the table 1 boundary value for overweight judgment. where the BMI is greater than or equal to the corresponding gender, age group "overweight" boundary point and less than the "obesity" threshold is overweight.

Use the boundary value of Table 1 for obesity judgment. where the BMI is greater than or equal to the corresponding gender and age group, the obesity threshold is fat.

fat.

4.3.1 Use of BMI

In the BMI calculation formula, the height and weight should be measured and measured according to the equipment and methods specified in GB/T 26343.

Do not use questionnaires, self-reports, etc. The height is measured in "cm" and recorded in one decimal place.

When BMI is converted to "meter".

BMI retains a decimal number and compares it with Table 1 to determine overweight and obesity.

4.3.2 Calculation method of age

The age is in half-years and all ages are used. The chronological age is calculated as the date of the survey minus the date of birth.

The number of years of experience that has been experienced since the birth of the calculation is in the standard of half a year.

Example. A student's birthday is September 25, 2000, and the survey date is September 24, 2010.

9.5 years old; if the survey date is September 25, 2010, the actual age is 10.0 years; if the survey date is 2011 on March 25th, the age of the child was 10.5 years old.