Weight-for-Height Chart is an instrument to assess if the weight of a child is proportional to the height. If you have reached age 18 or is taller than 165cm, please use the Body Mass Index (BMI) to assess your weight status.

Eat Smart and Be Active
All children, irrespective of their weight-for-height, should observe the following health advice:

- **“Healthy Food Pyramid”**  eat a balanced diet
- **“3 Less”**  take less oil, salt and sugar
- **“2 plus 3”**  eat at least two servings of fruit and three servings of vegetables everyday, and
- **“60 minutes plus”**  do more than one hour of moderate-to-vigorous-intensity physical activity everyday

For more information on the use and interpretation of the “Weight-for-Height Chart”, please visit the EatSmart@school.hk thematic website (http://school.eatsmart.gov.hk).

Test Protocols

1. **Step 1:** Make sure your measurement tools are in good condition and accurate.
2. **Step 2:** Measure the height
   - Take off the shoes;
   - Stand up straight against the wall and put the feet together; heels, back and head should make contact with the wall (as shown by red arrows in the graph);
   - Lock straight ahead at eye level;
   - Tester should read the measurement horizontally and record it in centimeters (cm) (correct to the nearest 0.5cm)
3. **Step 3:** Measure the weight
   - Place the weighing scale on level ground.
   - Take off the shoes and heavy-weight clothing;
   - Stand on the central part of the weighing scale and maintain balance;
   - Lock straight ahead and put hands at sides;
   - Tester should record the measurement until steady, then make it in kilogram (kg) (correct to one decimal).
4. **Step 4:** Spot the height in the horizontal axis (cm) of the weight-for-height chart and draw a faint line upwards. (as shown by red dotted line in the figure on the right)
5. **Step 5:** Spot the weight of the child (kg) in the vertical axis of the weight-for-height chart and draw a faint line horizontally until it intercepts with the vertical line marked in Step 3. (as shown by blue dotted line in the figure on the right)

Mark a cross at the point of intercept and document the date of measurement to aid future comparison. Repeat these steps regularly, e.g., every 6 months or yearly.