Body mass index (BMI) is the ratio of weight in kilograms to the square of height in meters. $BMI = \frac{Kg}{m^2}$

The American Academy of Pediatrics is promoting BMI as the best way to define overweight and obesity. BMI between 85th percentile and 95th percentile for age and sex is considered at risk for overweight. BMI at or above 95th percentiles is considered overweight.

Body mass index-for-age percentiles:
Boys, 2-20 years