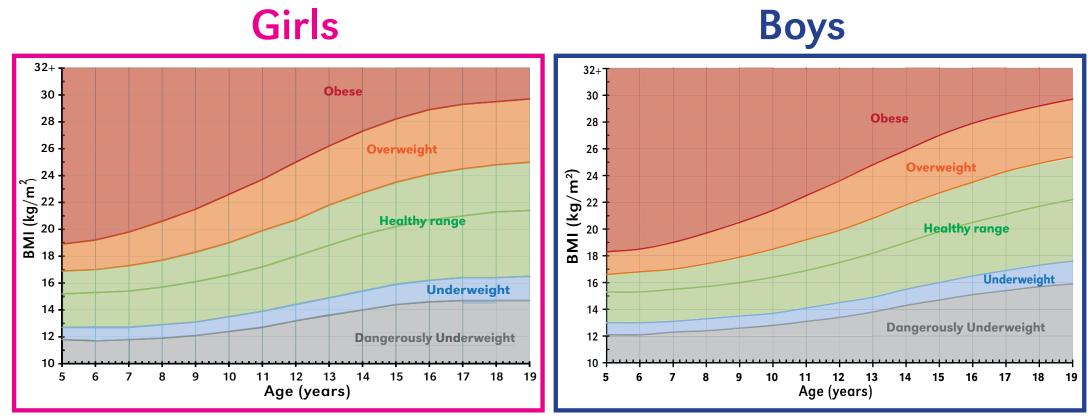
Pacific Science for Health Literacy Project

What is your Body Mass Index (BMI)?

BMI is calculated your body weight (mass) square of your height (m²)



Graphs created from World Health Organization data points for BMI ranges of 5- to 19-year-olds.

Healthy Food | Portion Size | Exercise

Teenagers with healthy lifestyles are

more likely to live long and healthy lives and have healthy children of their own











NEW ZEALAND FOREIGN AFFAIRS & TRADE Aid Programme

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