

Report of Height/Weight/BMI Screening

Date: _____ Student Name: _____

Dear Parent or Guardian:

Your child’s growth is important because it is an indicator of overall health. A child’s growth is determined by monitoring a child’s height and weight over time. As part of our continuing efforts to help ensure our student’s health, we have measured your child’s height and weight. The results are recorded below:

Height _____ Weight _____ BMI-for-Age Percentile: _____

Body Mass Index (BMI) is a measure of body heaviness and an indirect measure of body fat. A BMI does not tell the whole story about your child’s health status. BMI does not distinguish between fat and muscle. For example, if a child is very athletic and has a lot of muscle, his or her BMI may be high even though he or she is not overweight. That is why we encourage you to share the results with your child’s health care provider. Your child’s health care provider is in the best position to evaluate his or her overall health and can explain the results of his or her BMI screening. They can also talk with you about whether there are steps you can take to encourage healthy eating and physical activity. According to the Centers for Disease Control and Prevention, a BMI-for-age greater than the 85th percentile or lower than the 5th percentile may be a health risk for your child. Your child’s BMI-for-age was in the following percentile grouping:

BMI LEVELS FOR CHILDREN AGES 2-19	
BMI Level	Weight Classification
Below 5th percentile	Underweight
5th to < 85th percentile	Normal or Healthy weight
85th to < 95th percentile	Overweight
95th percentile and above	Obesity

If your child’s BMI-for-age is above the 95th percentile or below the 5th percentile, we recommend you contact your primary medical care provider. If your child’s BMI-for-age is between the 85th and 94th percentile, please bring these findings to your primary care provider’s attention at your child’s next scheduled visit. Most children manage to reach a healthy weight range with daily physical activity and eating nutritious meals and snacks. Dieting to lose or gain weight is rarely needed for children and should not be done without first discussing it with your primary care provider.

If you do not have a primary care provider or health insurance for your child, or need assistance in finding health care, please contact the _____ County Health Agency at _____, or your school nurse. If you have questions, would like information on available community resources, or would like to discuss these results with your school nurse, please call _____.