

_____ **School District**

Growth Screening Program
Health Report

Date: _____

Dear Parent/Guardian:

_____ was measured for height and weight as part of the yearly school-health growth screening program. A Body Mass Index (BMI) for Age percentile* was also calculated which is used as a guideline to help assess whether a person may be overweight or underweight. His/her measurements were:

Height: _____

Weight: _____

Body Mass Index-for-Age percentile: _____

Being either overweight or underweight can put a person at risk for certain health problems. A student who is overweight has an increased risk of developing serious conditions, including diabetes, heart disease, high blood pressure, stroke and certain cancers. A student who is underweight has an increased risk for heart problems, loss of bone mass, and anemia. Underweight may also be a sign of an underlying eating disorder.

Many factors, including sports participation or family history, can influence height and weight in children and adolescents. Your child's health care provider is the best person to evaluate whether or not his/her measurements are within a healthy range. Please share the screening results with your child's health care provider, who may suggest changes in eating or physical activity or may have suggestions on how the school can be of assistance to your child.

If you have any questions, please call the school nurse at _____.

Respectfully,

School Nurse

*BMI less than 5 th percentile - underweight BMI 5 th percentile to less than 85 th - healthy weight BMI 85 th to less than 95 th percentiles – overweight BMI equal to or greater than 95 th percentile – obese

Centers for Disease Control and Prevention (CDC)
U.S. Department of Health and Human Services