





[SCHOOL INFORMATION]

[Today's Date]

Dear Parent /Guardian:

On [insert screening date], [Child's First Name] was weighed and measured in school and his/her BMI (Body Mass Index) was recorded. BMI-for-age percentile was calculated using your child's BMI and comparing it to other children who are of the same age and sex. These measurements are used to screen for weight categories that may lead to health problems. Keep in mind, checking a child's growth over time is more important than a one-time measurement and it is necessary for all children, regardless of BMI, to be active and eat healthy.

[Child's First and Last Name]'s Results:			
[Child's First Name]'s BMI-for-age percentile is XX% .			
Underweight	Healthy Weight	Overweight	Obese
0% to 4%	5% to 84%	85% to 94%	95% to 100%
			
[Child's First Name]'s height is X ft. X in. and weight is XXX lbs.			

If [Child's First Name] is not in the healthy weight category, it is recommended that you schedule a visit with his/her health care provider and share these results.

What are the health risks of being overweight or obese?

- Increased risk of being overweight or obese as an adult.
- Increased risk for problems such as diabetes, heart disease, asthma, high blood pressure and poor self-esteem.

Here are some suggestions for your family to reach and/or maintain a healthy weight.

- Get up, get moving and limit screen time.
- Serve water instead of drinks with added sugar.
- Eat a variety of fruits and vegetables every day.
- For more tips visit www.pennstatehershey.org/PROwellness

For more information about BMI, visit www.cdc.gov/healthyweight/assessing/bmi or contact the School Nurse.

Sincerely,

Name of School Nurse
Phone: (555) 555-5555

Pennsylvania requires schools to report BMI for all children in the same way they report vision and hearing screenings. BMI-for-age percentile shows how your child's weight compares to that of other children of the same age and sex.