Body Mass Index (BMI) is a screening tool used to identify weight categories that may lead to health problems. Because body fat changes as you grow, BMI for children and young adults ages 2-20 is also referred to as BMI-for-age.¹

BMI-for-age is plotted on separate growth charts to determine a percentile ranking. A child or young adult’s BMI-for-age percentile shows how his or her BMI compares with others of the same age and gender. You may recall receiving these charts at your child’s annual exam.

### BMI for Children¹

<table>
<thead>
<tr>
<th>Weight Category</th>
<th>Percentile Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight*</td>
<td>Less than the 5th percentile</td>
</tr>
<tr>
<td>Healthy weight</td>
<td>5th percentile to less than the 85th percentile</td>
</tr>
<tr>
<td>Overweight*</td>
<td>85th to less than the 95th percentile</td>
</tr>
<tr>
<td>Obese*</td>
<td>Equal to or greater than the 95th percentile</td>
</tr>
</tbody>
</table>

*BMI should not be used as the only tool to determine overweight and obesity in children. Physically active children may have a higher BMI due to having more muscle, which weighs more than fat. If you have concerns that your child may not be in a healthy weight category, please consult with your family doctor.

**ONE OUT OF EVERY THREE CHILDREN...**

is considered overweight or obese.²

The obesity rate of children and adolescents in the U.S has **tripled from just one generation ago.²**
What are the risks of being overweight or obese?

Overweight and obese children are much more likely to grow up to be overweight or obese adults, who may be more likely to develop health problems like high blood pressure, type 2 diabetes, heart disease, asthma, joint problems, gallstones and some forms of cancer.¹

In order to maintain a healthy weight, be mindful of things that are within your control. For instance, follow a healthy eating plan, get physically active and limit your daily screen time.

How to calculate BMI¹:

\[
\text{BMI} = \frac{\text{Weight (lb)}}{\text{Height (in)}^2} \times 703
\]

BMI for Adults¹

<table>
<thead>
<tr>
<th>BMI</th>
<th>Weight Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below 18.5</td>
<td>Underweight</td>
</tr>
<tr>
<td>18.5 - 24.9</td>
<td>Healthy weight</td>
</tr>
<tr>
<td>25.0 - 29.9</td>
<td>Overweight</td>
</tr>
<tr>
<td>30.0 and up</td>
<td>Obese</td>
</tr>
</tbody>
</table>

Your weight and BMI are the result of many factors.

These factors include your environment, genetics, metabolism, lifestyle habits and more.⁴
Healthy eating is important for maintaining a healthy weight. Making healthy eating choices on a consistent basis can be habit forming – and those are winning habits to celebrate!

Try implementing these USDA recommended healthy eating tips:

- **Balance your calories.** Keep a good balance between the calories you eat and drink, and the calories you burn while being active. You can get your personal daily calorie limit at www.choosemyplate.gov.

- **Take your time and enjoy your food.** Pay attention to your hunger and fullness cues to recognize when to eat and when you’ve had enough.

- **Avoid oversized portions.** Use a smaller plate and portion your food out before you eat.

- **Choose to eat some foods less often.** Cut back on foods high in solid fat, added sugars and sodium.

- **Sip smarter.** Drink water or calorie-free beverages instead of sugary drinks when you are thirsty.
How Much is Enough?

The amount of fruits, vegetables, protein, dairy, grains and oils you need depends on your age, gender and level of physical activity. Visit choosemyplate.gov for more specific information on how much is enough for you.

Fruits and Vegetables

1-2 cups fruit, 1-3 cups vegetables per day

- Make half of your plate fruits and vegetables.
- In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered 1 cup from the fruit group.
- In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered 1 cup from the vegetable group.

Protein

6 cooked oz. per day

- Go lean with protein.
- Make seafood a protein on your plate twice a week.
- Eat beans, a natural source of fiber and protein.
- ¼ cup of cooked beans; ¼ cup of tofu or 1 egg = 1 oz. of lean meat.

Dairy

2-3 cups per day

- Switch to fat-free or low-fat (1%) milk. 2% is NOT considered low-fat.
- 1 cup of milk or yogurt; ½ cup shredded cheese; 2 oz. of processed cheese; or 2 cups of cottage cheese = 1 cup of dairy.

Grains

3-8 oz. per day

- Make at least half of your grains whole grains. Your ingredients list should mention whole-grain wheat flour, sprouted whole wheat, brown rice, bulgur, buckwheat, oatmeal, whole-grain cornmeal, whole oats, whole rye or wild rice.
- 1 slice of bread; 1 cup of ready-to-eat cereal; or ½ cup of cooked rice, pasta or cereal = 1 oz. of grains.

Oils

3-7 tsp. per day

- Some Americans consume enough oil in the foods they eat, such as nuts, fish, cooking oil and salad dressings. Others could easily consume the recommended allowance by substituting oils for some of the solid fats they eat (solid fats include: shortening, stick margarine, butter, cream, or beef, pork and chicken fat).

Sweet Treats

Minimal amount per day

- Reduce your intake of sugary sodas, juice drinks and sport drinks.
- Limit sugary desserts like cookies, cakes and candy. These foods are treats and not every day foods.
- When you do have a sweet treat, reduce the portion size.

Portion Guide:
Understanding the Nutrition Facts Label:

1. **Serving Size**
   - Serving Size: 1 Cup (228g)
   - Serving Per Container: 2

2. **Check Calories**
   - Calories: 250
   - Calories from Fat: 110

3. **Limit These Nutrients**
   - Total Fat: 12g
   - Saturated Fat: 3g
   - Trans Fat: 3g
   - Cholesterol: 30mg
   - Sodium: 470mg
   - Total Carbohydrate: 31g
   - Dietary Fiber: 0g
   - Sugars: 5g
   - Protein: 5g

4. **Get Enough of These Nutrients**
   - Vitamin A: 4%
   - Vitamin C: 2%
   - Calcium: 20%
   - Iron: 4%

TIP: Shake the spices, not the salt!

In general, a food label will tell you based on a 2,000 calorie diet to eat less than 2,400 mg of sodium per day (roughly 1 tsp of salt).

**Stretch Your Food Budget.**

Making healthier choices at the grocery store doesn’t have to take a toll on your wallet. There are many ways to get the most for your food budget. Here are a few easy suggestions:

- **Plan your meals for the week.** Include meals that can stretch more expensive items into additional portions like casseroles, stir fries and soups. Check to see what foods you already have and make a list that can include those items.
- **Always use coupons or a loyalty card.** Pay attention to when more expensive items are on sale.
- **Compare brands and sizes.** Make sure you are paying the least amount for the most product.
- **Pre-portioned and pre-prepared foods are always more expensive.** Take some extra time to do more of the prep work yourself.
- **Recycle your leftovers.** Find ways to spice up last night’s dinner. Create a new dish! Use that leftover lean meat for a stew or as a topping for your salad.
- **If you’re dining out, look for groupons, coupons, early bird or happy hour specials.**
- **Buy in bulk** and freeze foods when possible.
Rethink Your Sugary Drink.
It is recommended that the average, healthy adult drink 9-13 cups of fluid per day. The amount for each person varies according to their level of activity, overall fitness and age. Typically, 20% of your fluid intake comes from the food you eat. It’s important to be mindful of the other 80% you drink. For instance, there are about 10 packets of sugar in a 12 oz. soda.

Sweeteners that add calories to a beverage go by many different names and are not always obvious when looking at an ingredients list.

Water is the Best Choice!
• Carry a water bottle with you and refill it throughout the day.
• Try sparkling water or add fruit slices to your water for flavor.
• Milk provides nutrients vital for growth. Fat-free or low-fat (1%) milk has the same amount of calcium, protein and vitamin D but less saturated fat than milk with higher fat content.
• 100% fruit juice is acceptable. However, try to limit this to just one serving per day. Remember, eating fruit in its true physical form is always best.
• Avoid sugary soft drinks and sport drinks that are high in calories but low in nutrients. If you would like an occasional soda, choose smaller diet or low-calorie options.
• Limit your caffeine to avoid dehydration.

Tips for Increasing your Fruits and Veggies:
• Place a bowl of fresh fruit on the kitchen counter and keep a container of cut-up veggies in your refrigerator.
• Frozen and canned veggies are a great option to stock-up on. Frozen veggies are just as nutritious and easy to keep on hand. Look for canned veggies lower in sodium.
• Savor the flavor of seasonal fruits and veggies. These are often lower in cost and higher in flavor. Visit your local farmer’s market for some great options.
• Make fruits your main dessert item.
• When dining out, choose a side of fruits or veggies over French fries.
• Dried fruits make a great snack and are easy to take with you when leaving the house.
• Eat a variety of colors. This will give your family a wide range of valuable nutrients like fiber, folate, potassium, and vitamins A and C.
• Plant your own garden and enjoy fresh veggies all summer long. This is also a great moderate activity for the entire family.

Kid-friendly Snack Ideas:
• Mash fresh fruits and put them in a paper cup. Insert a stick and freeze overnight.
• Keep a rainbow of crisp veggies and sliced fruits on hand for an easy and refreshing snack.
• Blend your favorite fresh fruits with fat-free or low-fat yogurt; drink or freeze and eat with a spoon.
• Pop some popcorn but remember to avoid the butter and salt. This is a great whole-grain snack.
• Make fruit or vegetable kabobs. Add some eyes with a dab of peanut butter and some raisins to make a caterpillar treat.
• Add a little low-fat peanut butter to celery or carrot sticks and top with raisins or other dried fruits.
Physical activity is important when maintaining a healthy lifestyle. In combination with healthy eating, it can help prevent a range of chronic diseases that include heart disease, cancer and stroke -- three leading causes of death. Physical activity can help control weight, build lean muscle, reduce fat and promote strong bone, muscle and joint development.

Adults should get at least **30 minutes** of moderately intense physical activity most days, preferably all days, of the week. Children and teenagers should get at least **60 minutes** of physical activity most, preferably all days, of the week.

**Guidelines: Adults**

Adults should work their way up to 150 minutes of moderate-intensity aerobic activity, or 75 minutes of vigorous-intensity aerobic activity, or an equivalent mix of the two **each week**. Adults should also include muscle strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms) on **two or more days a week**.
Moderate

When exercising, if your breathing and heart rate are noticeably faster but you can still carry on a conversation, you're likely exercising at a moderate intensity. Examples include:

- Walking briskly (a 15-minute mile)
- Light yard work (raking/bagging leaves or using a push lawn mower)
- Light snow shoveling
- Actively playing with children
- Biking at a casual pace

Vigorous

When exercising, if your heart rate is increased substantially and you are breathing too hard and fast to have a conversation, you're likely exercising at a vigorous intensity. Examples include:

- Jogging/running
- Swimming laps
- Rollerblading/inline skating at a brisk pace
- Cross-country skiing
  - Most competitive sports (football, basketball, or soccer)
  - Jumping rope
  - Zumba

Guidelines: Kids

Kids should get at least 60 minutes of moderate to vigorous physical activity each day. It is also recommended that kids include muscle strengthening activities, such as gymnastics or push-ups; and bone strengthening activities, such as jump rope and running, at least three days a week as part of the recommended 60 minutes of daily activity. Ideas to get moving include:

- Playing tag
- Jumping rope
- Playing your favorite sport
- Swimming
- Dancing
- Riding bike
- Walking to school or taking your dog for a walk
- Limit your screen time to no more than 2 hours per day

Family Fitness Tips:

Being physically active is an important part of keeping your family healthy. If you can't do 30-60 minutes all at once, try aiming for 10 minutes a few times each day. Your health benefits will increase the more time you spend being active.
Penn State Hershey PRO Wellness Center is committed to educating and inspiring youth and their families to eat well, engage in regular physical activity and become champions for bringing healthy choices to life.

Its approach of Prevention, Research and Outreach provides schools, communities and like-minded organizations with educational programs, collaborative partnerships and access to proven interventions on various wellness topics.
In 2000, Kohl’s introduced the Kohl’s Cares® philanthropic program to support children’s health and education initiatives in the communities they serve. Since that time, the Kohl’s Cares® cause merchandise program has raised more than $208 million for children nationwide.

Since 2006, Kohl’s has donated over $1.1 million to Penn State Hershey Children’s Hospital. The money supports the Hospital and PRO Wellness Center programs for advancing nutrition and activity awareness in the community.
Through the Kohl’s Cares® cause merchandise program, Kohl’s sells $5 books and plush toys where 100 percent of net profit benefits children’s health and education programs nationwide, including hospital partnerships like this one.

In addition to the merchandise program, Kohl’s Cares® features the Kohl’s Cares® scholarship program, which last year recognized more than 2,100 young volunteers with a total of $410,000 in scholarships and prizes. Through the Kohl’s Associates-in-Action volunteer program, more than 500,000 associates have donated more than 1.6 million hours of their time since 2001 and Kohl’s has donated more than $47 million to youth-focused nonprofit organizations. Kohl’s also offers fundraising gift cards for schools and youth-serving organizations. For more information, visit www.Kohls.com/Cares.

Participating Kohl’s Locations:
- Carlisle
- Colonial Park
- Hanover
- Lancaster
- Lancaster East
- Lebanon
- Mechanicsburg
- Selinsgrove
- York East
- York West
- Williamsport