

## What is Body Mass Index?

Body Mass Index (BMI) provides a guideline based on weight, height, sex, and age to assess children who are underweight, at risk for overweight, or overweight.

The Centers for Disease Control and Prevention (CDC) recommends using the BMI charts for children between the ages of 2 and 20, released in 2000, rather than the older weight-for-stature charts. CDC has established the following benchmarks:

**Underweight –BMI-for-age< 5th percentile**

**Within normal range-BMI-for-age->/=25th percentile to < 85th percentile**

**Overweight-BMI-for-age >/=85th percentile to < 95th percentile**

**Obese- BMI-for-age >/= 95th percentile**

BMI measurements between the 25th and 85th percentiles are considered to be within the normal range; BMI's outside this range indicate a need for further assessment. Children and teens with BMI-for-age above the 95th percentile are more likely to have risk factors for cardiovascular disease, Type II Diabetes and to become overweight adults. Further investigation is also warranted if a child's growth pattern makes a major shift, i.e., from the 80th percentile to the 50th percentile.

## All Health Information is confidential

### My child's BMI score

Ht \_\_\_\_\_ ft \_\_\_\_\_ in Wt \_\_\_\_\_ lbs

BMI \_\_\_\_\_, BMI for Age \_\_\_\_\_ %

**Underweight –BMI-for-age< 5th percentile**

**Within normal range-BMI-for-age->/=25th percentile to < 85th percentile**

**Overweight-BMI-for-age >/=85th percentile to < 95th percentile**

**Obese– BMI-for-age >/= 95th percentile**

Please note that many factors other than height and weight (such as participation in sports, muscle mass, or family history) influence your child's growth. The BMI is simply a screening tool, not a diagnosis of the presence or absence of health risks..

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Fairhaven  
School District  
Health Services

## Body Mass Index

*Data Report  
Grades 1, 4, 7, and 10  
May, 2012*

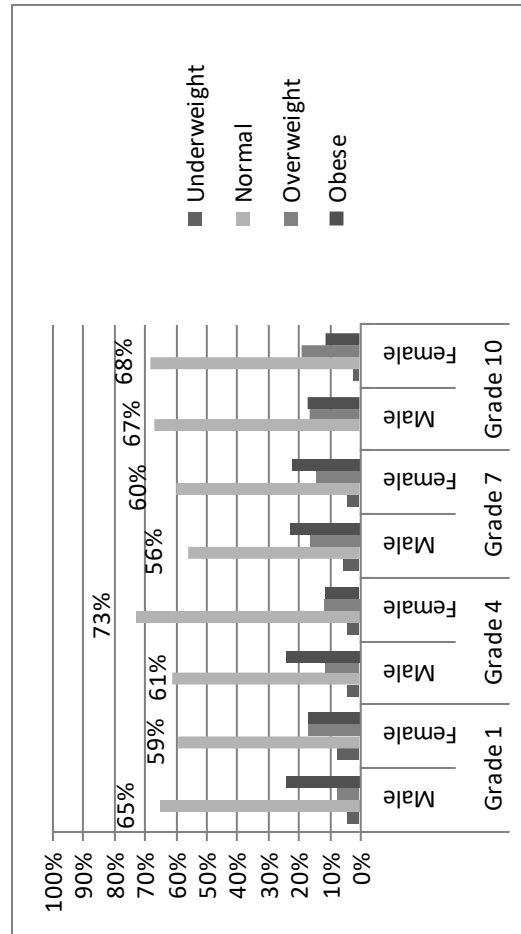
Robert Baldwin, Superintendent  
Denise Valois, R.N., BSN, Nurse Leader

## Comprehensive Growth Screening

It is important to measure and monitor growth over time in all children as an indicator of health and development (US Preventive Services Task Force, 2005). The goal of the Massachusetts Department of Public Health's (MDPH) Comprehensive Growth Screening Program is the improvement in the health and well-being of school-age children in Massachusetts so that they are healthy and ready to learn. Consistent with this goal, schools are required by law to provide health screenings (M.G.L. Chapter 71, Section 57 and 105 CMR 200.500) and are encouraged to follow up with the results of these screenings with families and primary health care providers.



## Fairhaven Schools BMI Results Grades 1, 4, 7, 10



## Resources For Follow-up

- Your child's Primary Health Care Provider
- Your child's school nurse
- Massachusetts Department of Public Health  
[www.mass.gov/dph](http://www.mass.gov/dph)
- American Academy of Pediatrics  
[www.aap.org](http://www.aap.org)
- [www.myplate.gov](http://www.myplate.gov)
- [www.mypyramid.gov](http://www.mypyramid.gov)
- Massachusetts Partnership for Health Weight  
[www.mphw.org](http://www.mphw.org)
- Action for Healthy Kids  
[www.actionforhealthykids.org](http://www.actionforhealthykids.org)
- CDC [www.cdc.gov](http://www.cdc.gov)
- [www.mass.gov/massinmotion](http://www.mass.gov/massinmotion)

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