

Type school name and address here

Results of Height – Weight - Body Mass Index (BMI) Screening

Dear Parent/Guardian,

Your teen, _____, was measured at school for height and weight. The height and weight help us get a body mass index (BMI). BMI is used by doctors and nurses to help identify underweight, normal weight, overweight, and unhealthy weight in children.

Your teen’s measurements on _____(date) were as follows:

Height _____ Weight _____ BMI % _____

| Understanding your child/teen’s BMI | |
|---------------------------------------|---------------------|
| BMI less than 5% | Underweight |
| BMI 5% to 84% | Within normal range |
| BMI 85% to 94%..... | Overweight |
| BMI greater than or equal to 95% | Unhealthy Weight |

A BMI greater than or equal to 95% is called an UNHEALTHY WEIGHT. It is called an unhealthy weight because adult-onset diseases like type 2 diabetes, high blood pressure, high cholesterol, joint wear and tear, liver disease and plus other diseases are showing up in children and teens who have a BMI above the 94%. These diseases are rarely seen in preteens or teens with normal weight.

The most common cause of a high BMI is unhealthy eating habits and lack of physical activity. There is an online program specially designed to help preteens and teens adopt healthier eating habits, increase physical activity and lower their high BMI. The program is called *Back in Whack for Teens [BiW4Teens]*. It is an EFFECTIVE, PEDIATRICIAN APPROVED, RESEARCH-BASED, WEIGHT MANAGEMENT PROGRAM designed specifically for preteens and preteens. This program includes 27 interactive health coaching videos paired with a companion workbook. Please see the enclosed brochure with information about the program.

I encourage you to share these results with your preteen/teen's health care provider/doctor.

Please call me if you have any questions or concerns about the results of your preteen/teen’s measurements.

Sincerely,

School Nurse