



Body Mass Index (BMI) Referral Letter

Health Services | Special Education Office
Mat-Su Borough School District
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Date: _____

Dear Parent or Guardian,

Your child, _____, was recently weighed and measured in our school as part of the school's growth screening program. Your child's measurements were:

Height _____ **Inches** **Weight** _____ **Pounds**

This information is used to calculate a "Body Mass Index" (BMI) that is adjusted for age and used to determine appropriate growth and weight by healthcare professionals.

Your child's BMI is _____. **Their BMI-for-age percentile is** _____%.

BMI is used as a screening tool to identify possible weight problems for children beginning at 2 years old. The Centers for Disease Control (CDC) and the American Academy of Pediatrics (AAP) recommend the use of BMI to screen for weight categories that may lead to health problems. BMI-for-age weight status categories and the corresponding percentiles are shown in the following table:

Weight Status Category	Percentile Range
Underweight	Less than the 5th percentile
Healthy weight	5th percentile to less than the 85th percentile
Overweight	85th to less than the 95th percentile
Obese	Equal to or greater than the 95th percentile

NOTE: BMI can be inaccurate for people who are fit or athletic because their high muscle mass can list them as overweight even though their body fat percentage is healthy. BMI is intended to give a general sense of healthy body weight.

Researchers and healthcare professionals recommend the following for all children: 5

- **At least five servings of fruits and vegetables per day**
- 2 - Less than 2 hours of screen time per day**
- 1 - One hour of physical activity per day**
- 0 - Zero soda or sugar sweetened beverages per day.**

Children who are in the percentile range of less than 5% or greater than 85% may be at risk for certain health problems. We recommend that you talk with your child's physician to identify ways to ensure your child's optimal health. The best person to evaluate your child's BMI is your child's regular doctor or health care provider.

For further information regarding BMI for children and teens visit the CDC's website @ http://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html

Please do not hesitate to contact me if you have any questions or concerns.

MSBSD School Nurse

Phone