



Charlie Crist  
Governor

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## BMI Results

|                       |                     |                                       |
|-----------------------|---------------------|---------------------------------------|
| Student's Name: _____ | Grade: _____        | Date: _____                           |
| School: _____         | School Nurse: _____ |                                       |
| Weight: _____         | Height: _____       | BMI: _____ BMI Percentile Rank: _____ |

Dear Parent/Guardian:

Your child was weighed and measured in school to see how he/she is growing. BMI (Body Mass Index) looks at a child's growth and compares it to a typical child his/her age. Checking a child's growth over time is more important than a one time measurement. However, BMI can be used to screen children who may be at risk for health and nutrition problems. More information about BMI is on the back of this letter.

Based on your child's height, weight, and gender, his/her BMI was found to be higher than recommended for his/her age. **We recommend that your child see a doctor for further evaluation.** Show your doctor the numbers in the box above. Please do not put your child on a weight loss diet without a doctor's order. Diets for children can possibly stunt their growth and lead to nutrition problems.

It is good for all children, regardless of BMI classification, to be active and eat healthy. Make sure your child is eating foods from all the food groups. Limit high fat and high sugar foods. Your child should be physically active for at least one hour each day. Exercise should be fun. It can be done in several small sessions, like four 15-minute bursts. For more information about activities in the Pensacola area related to nutrition, health and physical activity, see the Healthy Families Resources Guide on the Escambia County School District website at [www.escambia.k12.fl.us/adminoff/Phys\\_ed/health/hresguide.htm](http://www.escambia.k12.fl.us/adminoff/Phys_ed/health/hresguide.htm). We encourage you to be physically active and make healthy food choices as a family.

### PARENT/GUARDIAN REPLY

**Please complete the following and return this form to the school nurse within two weeks.**

- My child was checked by his/her doctor.
- I choose not to obtain a doctor's evaluation at this time.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### DOCTOR'S REPORT

**To be completed by a licensed doctor. Please return this form to the school nurse.**

Findings/Recommendations: \_\_\_\_\_

\_\_\_\_\_

Doctor's Name: \_\_\_\_\_

Doctor's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Form 0524

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## Frequently Asked Questions About BMI For Children

### What is BMI?

- BMI stands for Body Mass Index. It is a number that shows body weight adjusted for height. BMI for children, also referred to as BMI-for-age, is gender and age specific. BMI-for-age is graphed on a boy or girl growth chart and given a percentile ranking. BMI can be figured with this equation:

$$\text{BMI} = \left( \frac{\text{Weight in Pounds}}{(\text{Height in inches}) \times (\text{Height in inches})} \right) \times 703$$

### How is BMI used?

- Body mass index is used to see how a child is growing. BMI is NOT a diagnostic tool. If your child's BMI is below the 5<sup>th</sup> percentile or above the 85<sup>th</sup> percentile, it is recommended that he/she be seen by a doctor.
- BMI is an indirect measure of body fatness. Studies have shown that a high BMI indicates a high percentage of body fat in most, but not all, cases.
- BMI relates to health risks including high cholesterol, high blood sugar, and high blood pressure. Children with high BMI's are at risk for conditions that can lead to heart disease and diabetes.
- BMI can be used to track body size throughout the life cycle. This is important because BMI-for-age in childhood predicts adulthood BMI.

### What do the BMI percentiles mean?

- Healthcare professionals use the following established percentile cutoffs for children age 2 to 20:
  - Underweight: BMI less than the 5<sup>th</sup> percentile
  - Normal: BMI 5<sup>th</sup> percentile to the 85<sup>th</sup> percentile
  - At risk for overweight: BMI 85<sup>th</sup> percentile to the 95<sup>th</sup> percentile
  - Overweight: BMI greater than or equal to the 95<sup>th</sup> percentile

For more information about BMI for children, visit the Center for Disease Control's website at <http://www.cdc.gov/nccdphp/dnpa/bmi>.