

**Clarksville Montgomery County School System  
Coordinated School Health Program**

Date:

Dear Parent/Guardian of \_\_\_\_\_:

During the 07-08 school year, the students in grades 6 and 8 participated in a system-wide school health screening. The results of this assessment will help us determine the nutrition and physical activity needs of our students and help us to plan ways to meet those needs.

On average, children in the United States consume too much fat and not enough fruits and vegetables. They have shown a decline in their level of physical activity. These combined patterns contribute to the rising epidemic of childhood obesity. A Centers for Disease Control and Prevention (CDC) report on obesity in America found that 60% of overweight 5-10 year olds already have at least 1 risk factor for heart disease, such as raised blood pressure or insulin levels.

**Body Mass Index (BMI)** is calculated using your child's height and weight and is then used to find the corresponding BMI-for-age percentile for your child's age and sex.

**BMI percentile-for-age** shows how your child's weight compares to that of other children of the same age and sex. For example, a BMI percentile-for-age of 65% means that the child's weight is greater than that of 65% of other children of the same age and sex.

According to CDC Guidelines, any child with a BMI percentile below 5% is considered underweight. A BMI at or above 85% is at risk for becoming overweight, and a BMI of 95% or higher is considered overweight.

Your child's height: \_\_\_\_\_ Your child's weight: \_\_\_\_\_ lbs.

Your child's BMI: \_\_\_\_\_ Your child's BMI percentile-for-age: \_\_\_\_\_ %

**BLOOD PRESSURE** According to the US Department of Health and Human Services, a child's blood pressure that is in the: 90<sup>th</sup> – 95<sup>th</sup> percentile should be rechecked in six months; 95<sup>th</sup> -99<sup>th</sup> percentile should be rechecked in 1-2 weeks; 99<sup>th</sup> percentile and greater should be rechecked within one week. Your child's healthcare provider can best determine if your child's blood pressure is healthy or not.

Your child's blood pressure: \_\_\_\_\_ / \_\_\_\_\_ Your child's blood pressure %: \_\_\_\_\_ %

**THESE RESULTS ARE FOR SCREENING PURPOSES ONLY.** BMI results are based on height and weight only and do not take into account the amount of muscle mass verses fat tissue. Your child's healthcare provider can best determine if his/her weight is healthy or not. PLEASE do not encourage a weight loss/gain diet for your child without first consulting a physician. Sound nutritional guidelines can be found at [www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines). Fad diets are strongly discouraged for children. Support and sensitivity are needed when talking with children about weight problems so as not to trigger poor self-image and possible eating disorders. For blood pressure in the 90<sup>th</sup> percentile and above, please contact your child's healthcare provider regarding any follow-up screenings or re-checks. Blood pressure guidelines for children can be found at <http://pediatrics.aappublications.org/cgi/content/full/114/2/S2/555/T5>.

**Help Your Child Make Healthy Choices:**

- Offer healthy snacks like fruits, vegetables, and low fat milk and milk products.
- Limit soft drinks, candy and chips.
- Avoid serving portions that are too large.
- Limit television, video games, and computer time to no more than 2 hours a day.
- Take family walks, bicycle, run, or exercise with your child.
- For further information, contact your school nurse or local health department.

Sincerely,

Mesina Bullock, Student Wellness Coordinator, 931-920-7827  
Nurse, School, Number