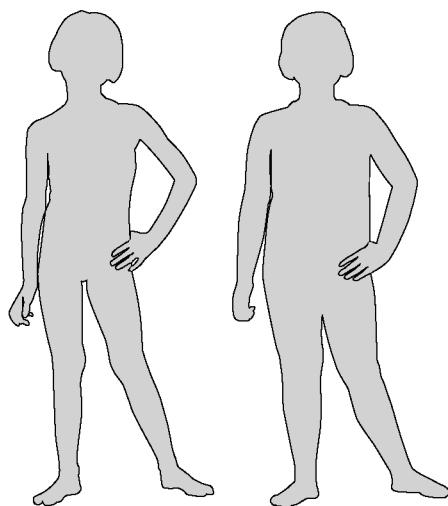


Healthy, Active Kids: A Home and School Partnership

BODY MASS INDEX: What it means for you and your child



Age: 9 Weight: 53 lbs. Height: 48" Body Mass Index: 16 BMI Percentile: 50th	Age: 9 Weight: 70 lbs. Height: 48" Body Mass Index: 21.5 BMI Percentile: 95th
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HIDDEN RISKS

Did you know that your child's weight might impact his or her future? Overweight children and teens are at real and increased risk for:

- Diabetes
- Heart disease
- Asthma
- Joint problems
- Depression

Pennsylvania now requires schools to report BMI in the same way they report vision and hearing screenings. When a child's risk for becoming overweight is found early, parents, children, teachers and healthcare providers can work together to help improve a child's health.

Body Mass Index (BMI) is a good way to see a child's risk for becoming obese or overweight. The BMI formula helps us see whether a child's weight is in proportion to his or her height.

A **BMI percentile** indicates how a person's measurements compare to others of the same age and gender. A child whose BMI is at the 50th percentile is close to the average of the population. A child above the 95th percentile is considered overweight because 95 percent of the population weighs less than he or she does. A child below the 5th percentile is considered underweight because 95 percent of the population weighs more.

HOW TO WORK WITH YOUR CHILD'S HEALTHCARE PROVIDER

Your child's healthcare provider is your best health resource. They can help to explain what your child's BMI means, as well as recommend changes in eating or activity habits that can benefit the whole family.

When you talk to your child's healthcare provider:

- Bring the BMI Growth Screening results provided by your school nurse.
- Ask about your child's blood pressure, and whether it's normal.
- Ask about additional tests (cholesterol, triglycerides, fasting glucose) to identify health risks that may be associated with your child's weight.
- Create a plan for how your child's growth and weight will be monitored and checked in the coming year.
- Your healthcare provider may be able to refer you to additional support services. Talk to your doctor about working with a dietician for nutrition counseling, consulting a physical therapist if there are physical activity limitations, or other weight management services provided in your area.



www.panaonline.org



DEPARTMENT OF
HEALTH



Image courtesy of Highmark Blue Shield. PANA is supported by the Pennsylvania Department of Health through a grant for the Centers for Disease Control and Prevention with programs delivered through Penn State. The Division of School Health funded this project.

What You Can Do

HEALTHY EATING & DRINKING

AT HOME

Eat breakfast every day. Skipping breakfast can leave your child hungry, tired and wanting less healthy foods later in the day.

Eat together as a family. Eating together helps children learn to enjoy a variety of foods.

Try not to use food as a reward.

AT SCHOOL

Encourage your school to develop good nutrition guidelines for vending machines, cafeteria meals, fundraisers and classroom activities. Find out what programs are already in place.

Send healthy snacks for class parties and celebrations.

Pack fruits and vegetables and whole grain foods in your child's lunch. Limit foods that are high in fat and added sugars.

PHYSICAL ACTIVITY

AT HOME

Make sure your kids get 60 minutes of physical activity a day. Remember that it does not all have to be at once. Short, 10-minute periods of activity are just as good.

Limit the amount of time your children spend watching TV and playing video games. Allow only one to two hours of quality programming per day.

AT SCHOOL AND IN YOUR COMMUNITY

Encourage daily, quality physical education at your school.

Express your support for before and after school physical activity programs and time for recess.

Encourage local officials to create safe places for walking and biking and increased access to community parks and trails.



THINK YOUR DRINK

BOTTLED WATER

Serving Size = 8 ounces	
Calories 0	
	% Daily Value
Total Fat	0%
Total Carbohydrates	0%
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%



Offer your child water or lowfat milk more often than fruit juice or soft drinks.

COLA

Serving Size = 12 ounces	
Calories 150	
	% Daily Value
Total Fat	0%
Total Carbohydrates	14% (10 tsp added sugar)
Protein	0%
Vitamin A	0%
Vitamin C	0%
Vitamin D	0%
Calcium	0%



Soft drinks like colas, should only be offered as an occasional treat: they contain as many as 10 added teaspoons of sugar.

WEBSITES

www.health.state.pa.us

www.kidshealth.org

www.verbparents.com

www.dole5aday.com

www.pde.state.pa.us/food_nutrition



**KEYSTONE
HEALTHY ZONE**

For more information about promoting physical activity and nutrition at school, visit www.panaonline.org.

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Images courtesy of Wisconsin Milk Marketing Board. PANA is supported by the Pennsylvania Department of Health through a grant for the Centers for Disease Control and Prevention with programs delivered through Penn State. The Division of School Health funded this project.

