BMI Report Card

Name: Student Name
Birth Date: 4/23/2003
Height: 44.50

Measured: 1/6/2011
Age: 7.71
Weight: 53.00
BMI: 18.82

Body Mass Index (BMI) is a weight-to-height measure that is used internationally to determine health risks associated with body weight. The following chart can be used to determine what percentile your child is in according to their BMI (kg/m²).

<table>
<thead>
<tr>
<th>BMI Scale</th>
<th>&lt; 5th Percentile</th>
<th>5th - 84th Percentile</th>
<th>85th - 94th Percentile</th>
<th>&gt;95th Percentile</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>Weight may be low</td>
<td>Normal weight</td>
<td>Weight may be high</td>
<td>Weight may be at risk for developing health risks</td>
</tr>
</tbody>
</table>

Date Measured | Age | Weight (lbs) | Height (in) | BMI | Percentile | Color |
---           |-----|--------------|-------------|-----|------------|-------|
1/6/2011     | 7.71| 53.00        | 44.50       | 18.82 | 91.86      | Yellow|
1/13/2010    | 6.73| 44.00        | 42.50       | 17.13 | 83.55      | Green |

Ways That Parents Can Help...

All children, regardless of their weight, need support, acceptance, and encouragement from their parents.

Focus on your child's health and positive qualities, not their weight.

All families can benefit from increasing physical activity and eating more fruits, vegetables and whole grains while eliminating high fat, high calorie foods.

Be a good role model for your child. If your child sees you enjoying healthy foods and physical activity, he or she is more likely to do the same now and for the rest of his or her life.

Realize that an appropriate goal for many overweight children is to maintain their current weight while growing normally in height. The idea is not to diet!

If you have questions regarding your child's BMI or ranking, please contact your school nurse or physician. They may ask you questions regarding your child's growth patterns, eating habits, sibling growth patterns as well as measure your child's height and weight before determining any health effects.

Helpful Information for Healthy Living...

Children in the "yellow" zone, should try to maintain their current weight as they get taller. Children in the "red" zone are at higher risk of potential health problems and families should modify their eating and activity patterns to prevent excessive weight gain.

Limit TV or video games to 2 hours a day, increase activity 1 hour a day, try to eat 5 fruits and vegetables each day and drink no more than a sweetened beverage each day (soda or juice). .2-1-5-1

Building Healthy Families is a 12 week program designed for children in the "red" zone ages 6-11 and their families. This is a free weight loss program designed to help families to take action in lifestyle, healthy eating and activity behaviors. For more information call 308-865-2336 or go to www.unk.edu/hpl

Great information for children and adults on healthy eating and physical activity can be found at: www.cdc.gov/physicalactivity or www.cdc.gov/healthyweight/children

ChooseMyPlate.gov - The U.S. government website that can help individuals make smart choices about their nutrition, as well as, provide additional information regarding a healthier lifestyle.

For more information, contact your child’s school nurse or your family physician.

For more information, please visit www.unk.edu/hpl