

# BMI Report Card

Name: Student Name

Measured: 1/6/2011

Birth Date: 4/23/2003

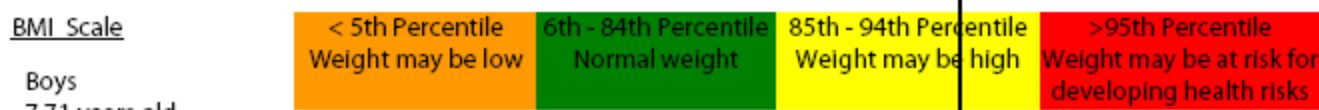
Age: 7.71

Height: 44.50

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/m<sup>2</sup>).



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 to 1 hour a day, try to eat 5 fruits and vegetables each day and drink no more than 12 ounces of 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 safe weight loss program designed to help families to take action in lifestyle, healthy eating and activity behaviors. For more information call 308-865-6330 or go to [www.unk.edu/hpl](http://www.unk.edu/hpl)

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