
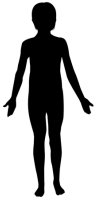




Today's Date

Dear Parent/Guardian,

Your child, **Child's First Name**, was weighed and measured in school to determine how **he/she** is growing. These values, along with age and gender, are used to determine body mass index (BMI) percentile. This test screens for weight categories which could lead to health problems. That said, knowing how your child is growing over time is more important than this one-time measure. Remember that it is important for all children to be active and eat healthy. Below are your child's results from this screening test and how their results are used to determine which weight category they fall under:

[Child's First Name]'s Results:			
[Child's First Name]'s BMI percentile is XX%			
Underweight	Healthy Weight	Overweight	Obese
0% to 4%	5% to 84%	85% to 94%	95% to 100%
			
[Child's First Name]'s height is X ft. X in. and weight is XXX lbs.			

If [Child's First Name] is not in the healthy weight category, it is recommended that you schedule a visit with his/her health care provider and discuss these results.

What are the health risks of being overweight or obese*?

- Increased risk of being overweight or obese as an adult.
- Increased risk for health problems such as diabetes, heart disease, asthma, high blood pressure, and poor self-esteem.

**Children who are underweight may also be at risk for health problems.*

Here are some suggestions for your family to reach and/or maintain a healthy weight:

- Get up, get moving, and limit screen time.
- Serve water instead of drinks with added sugar.
- Eat a variety of fruits and vegetables every day.

For more information about BMI, visit:

https://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html

Please contact me if you have further questions **(name and phone number)**.

Sincerely,