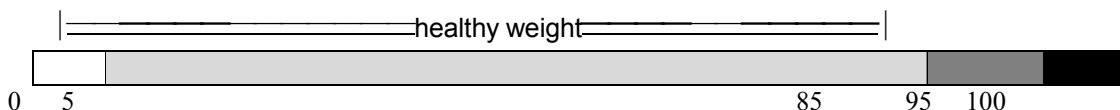


Dear Parent or Guardian:

Your child,     <<First Name>> <<Last Name>>    , was weighed and measured as part of the Body Mass Index (BMI) Screening Program. BMI is a way we can check to see if your child has a healthy weight. The results of the screening compare your child's height and weight to other children of the same age and sex. The results are given as a "percentile". Your child's BMI is only being shared with you. No one else will see these results.

Your child's results were:

Height:     <<Height(in)>>          Weight:     <<Weight(lb)>>          BMI Percentile:     <<B.M.I.(%)>>    



- Under weight – less than the 5<sup>th</sup> percentile
- Healthy weight – 5<sup>th</sup> percentile to less than the 85<sup>th</sup> percentile
- Overweight – 85<sup>th</sup> percentile to less than the 95<sup>th</sup> percentile
- Obese – 95<sup>th</sup> percentile or greater

If your child's BMI is below the 5<sup>th</sup> percentile, he or she may be underweight. If your child's BMI is above the 85<sup>th</sup> percentile, he or she may be overweight or obese. If your child is not in the healthy weight range, you should talk with your child's doctor or nurse. He or she can give you ideas about how to help your child get to a healthy weight.

Your child's weight category is:

Underweight \_\_\_\_\_  
Normal weight \_\_\_\_\_  
Overweight \_\_\_\_\_  
Obese \_\_\_\_\_

You may have talked about your child's weight with your doctor or nurse before, but you can use these screening results to talk with them again. If your child does not have a regular doctor or does not have health insurance, please contact me.

BMI may not tell the whole story about your child's weight. Other things can affect your child's BMI. For example, BMI cannot tell the difference between muscle and fat. An athletic child with a lot of muscle may have a high BMI but not be overweight.

I am including information with this letter to help you learn more about what you can do to make sure your child is healthy. You can also learn more at the Department of Public Health's website [www.Mass.Gov/MassInMotion](http://www.Mass.Gov/MassInMotion). If you have any questions, please call me at     <<508-885-8521>>    .

Sincerely,

<<Sheree L. Jolicoeur, RN, BSN, MS>>