

BMI SCREENING FOR SCHOOLS

Ht/Wt
K-12



BMI
1, 4, 7, 10

In April 2009, the Massachusetts Department of Public Health amended their regulations to improve the screening and monitoring of the health assessment of children across the Commonwealth. Among other changes, the amended regulations require screening for height and weight and the recording and reporting of the BMI for all students in grades 1, 4, 7, and 10 (or of comparable age). You may contact your child's school nurse for more information.

Components of the Screening Program

- Prior notification of BMI screenings and the benefits of the screening to all parents and guardians by any reasonable means.
- Accurate measurement of height and weight and the calculation of BMI for students in grades **1,4,7, and 10** by trained individuals with consideration for privacy of the student during the screening process.
- Direct, confidential notification of parent/guardians of the child's screening results even if the child is within normal BMI range.
- Provision of easily understood information that explains BMI screenings to parents or guardians.
- Identification of resources that support healthy eating and active living in the community.
- Referral to a health care provider if the student's BMI is below the 5th percentile or above the 85th percentile.
- Documentation of the student's BMI in the student's health record.
- Submission of BMI results to MDPH using appropriate data reporting tools.

School Nurses

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<http://www.cantonma.org/health>



Canton Public Schools

School Health Services

BODY MASS INDEX

BMI



“Right now, nearly one third of children in America are overweight or obese – one in three...it's not surprising that obesity could now be an even greater threat to America's health than smoking. In fact, medical experts are predicting that this generation is on track to have a shorter lifespan than their parents.”

January 2010 First Lady,
Michelle Obama

Jeffrey W. Granatino
Superintendent of Schools

Debra L. Bromfield
Director of Student Services

Jennifer A. Henderson
Interim Director of Curriculum & Instruction

Kenneth D. Leon
School Business Administrator

BENEFITS OF BMI SCREENINGS

- Identification of students who may be at nutritional risk.
- Identification of students who are at risk for eating disorders.
- Identification of students who are underweight, overweight, or obese or at risk of becoming overweight or underweight.
- Encouragement of discussions between families and health care providers about their child's growth and development.
- Promotion of healthy eating and active living in the school community.
- Assists the Massachusetts Department of Public Health to monitor BMI trends among children and adolescents across the state.

With positive support from all school personnel and families, every student in Massachusetts will benefit from eating well and being physically



RESOURCES

MASS IN MOTION



Mass in Motion aims to promote wellness and to prevent overweight and obesity in Massachusetts– with a particular focus on the importance of healthy eating and physical activity.

The state-sponsored website, www.mass.gov/massinmotion promotes eating better and moving more at home, work, and in the community. The objective of the website is to provide simple, practical, cost-effective ways for Massachusetts residents to:

- Improve eating habits
- Increase physical activity
- Ask experts questions about improving their diets and physical exercise routines
- Get involved in helping to build healthy communities

**Remember that kids will do what you do.
If you make healthy choices, they will too!**

RESOURCES

NUTRITION

Action For Healthy Kids:
www.actionforhealthykids.org

Planet Health:
www.hsph.harvard.edu/prc/proj_planet.html

Food Play:
www.foodplay.com

My Pyramid:
www.mypyramid.gov

Powerful Bones-Powerful Girls:
www.cdc.gov/powerfulbones

PHYSICAL ACTIVITY

Mass Department of Elementary and Secondary Education:
www.doe.mass.edu

The President's Council on Physical Fitness and Sports:
www.fitness.gov

Mass in Motion:
www.mass.gov/massinmotion

National Center on Physical Activity and Disability (NCPAD):
www.ncpad.org

EATING DISORDER RESOURCES

Massachusetts Eating Disorder Association (MEDA):
www.medainc.org

Eating Disorder and Referral and Information Center:
www.edreferral.com

National Association of Anorexia Nervosa and Associated Disorders:
www.anad.org