

# North Schuylkill Elementary School

38 Line St.  
Ashland, PA 17921  
570-874-3661

Dear Parent/Guardian of: \_\_\_\_\_

Each school year, your child receives an evaluation of his/her growth in accordance with the requirements of the PA Department of Health. The results are as follows:

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ BMI: \_\_\_\_\_ BMI Percentile: \_\_\_\_\_

The Body Mass Index (BMI) for Age percentile\* is a mandated calculation and is used as a guideline to help assess whether a person may be overweight or underweight, either of which can put a person at risk for certain health problems. A student who is overweight has an increased risk of developing serious medical conditions such as diabetes, heart disease, high blood pressure, stroke and certain cancers. A student who is underweight has an increased risk for heart problems, loss of bone mass, and anemia. Underweight may also be a sign of an underlying medical concern. Many factors, including sports participation or family history, can influence height and weight in children and adolescents. **BMI should be considered a screening tool and not a definitive measure of overweight and obesity as the indicator does have limitations.** For example, some athletes and serious dancers may have a higher than expected BMI due to their increased muscle mass, which weighs more than fat mass.

Your child's health care provider is the best person to evaluate whether or not his/her measurements are within a healthy range. Keeping in mind that this is only a health screening, please share the results with your child's health care provider, who may suggest changes in eating or physical activity or may have other suggestions.

If you have any questions, please call the school nurse at 570-874-3661 x- 3015.

Respectfully,

Brandy Sullivan, RN, BSN  
School Nurse

\*BMI less than 5<sup>th</sup> percentile- underweight

BMI between 5<sup>th</sup> and <85<sup>th</sup> percentile- healthy range

BMI between 85<sup>th</sup> and <95<sup>th</sup> percentile- overweight

BMI equal to or greater than 95<sup>th</sup> percentile- obese

Source: Centers for Disease Control (CDC) U.S. Department of Health and Human Services

[https://www.cdc.gov/healthyweight/assessing/bmi/childrens\\_bmi/about\\_childrens\\_bmi.html](https://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html)