



Guiding Principles for BMI Reporting in Children & Adolescents When Performed in a School Setting

- BMI assessment is a health screening tool like vision, hearing or scoliosis screenings routinely performed in public schools
- All students should be assessed – no one singled out
- Confidentiality should be maintained in measuring and reporting:
 - Scales should be located in a private setting
 - The child should be asked to step on the scale backward and not told his or her weight; results should be recorded non-verbally
 - If a child's weight is more than the scale will measure, "exceeds scale" should be recorded with no comment made to the child
 - Confidential Child Health Report should be sent directly to, or picked up by, a parent or legal guardian; the report should not be given to the child
- Confidential Child Health Reports are a health advisory tool for parents – not a grade or report card. They should be sent to parents of all students to advise parents if their child is underweight, healthy weight, at risk for overweight or overweight and should include:
 - An explanation of BMI and the child's assessment
 - Recommendations for a healthy lifestyle
 - Recommendation to discuss questions or concerns about the child's health report with the child's physician

Resources:

University of Arkansas for Medical Sciences, Fay W. Boozman College of Public Health, [Year Three Evaluation: Arkansas Act 1220 of 2003 To Combat Childhood Obesity](#), 2006

[Sample Confidential Child Health Reports](#)

Arkansas Department of Education's [Rules Governing Body Mass Index for Age Assessment Protocols in Arkansas Public Schools](#)