

EXAMPLE SCHOOL DISTRICT  
EXAMPLE SCHOOL NAME  
XXXXXXXXXXXX  
XXXXXXXXXXXX

##/##/##

Parent Name  
«MailingAddress1»  
«MailingCity», «MailingState» «Zip»

Dear Parent or Guardian:

### **This important letter is about the health of Example Student. Please read all of it.**

Many children in Arkansas have health problems caused by their weight. Recently, your child's height and weight were measured at school. Height, weight, age, and gender are used to figure body mass index percentile (BMI). A BMI is a screening test that only tells if a person is overweight, at risk for overweight, a healthy weight, or underweight.

If a child is overweight, it is usually because the child has too much body fat. Children who have too much body fat have higher risks of health problems than those who have a healthy weight. Overweight or at risk children are more likely to become overweight or obese adults. Obesity may lead to diabetes, high blood pressure, heart disease, and many other problems. Children who are underweight may also have health problems.

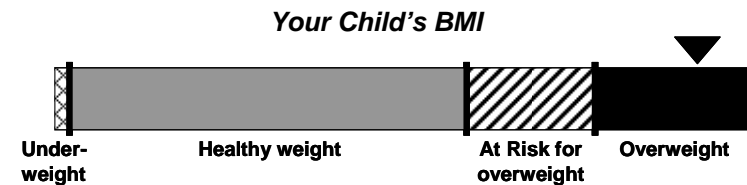
Rarely, a child's BMI may be high (at risk for overweight or overweight) because the child is very muscular. Being muscular does not increase health problems for children. Only a doctor can tell if a BMI is high because of too much body fat. Occasionally, a medical condition can contribute to a child's weight. Based on the information below, you may want to talk to your child's doctor.

#### **Why was a BMI measurement done by the school?**

State law requires your child's school to measure BMI every year and send a report to you. Arkansas schools also screen children to look for problems with hearing and eyesight. Measuring your child's BMI is another way to help improve his/her health. Actions taken now may lower the risk of developing serious illnesses as a child gets older. So, it is important to measure BMI every year to see if your child is growing and developing in a healthy way.

#### **Is your child's weight a health problem?**

Your child was weighed and measured on DATE. Example was X feet XX inches tall and weighed XX pounds, which gives him/her a BMI that suggests he/she may be **OVERWEIGHT**.



Arrow shows your child's BMI compared with other Arkansas school children.

#### **What should you do?**

Because Example has a BMI that suggests he/she may be **overweight**, you should talk to your child's doctor. Please show this letter to your doctor (Example's BMI was **XX** or **XX** percentile). Your doctor will recheck your child's BMI to make sure the measurements done at school are correct. Your doctor can also discuss healthy diet and activity choices for your child. For example, the American Academy of Pediatrics, a group of doctors who care for children, suggests that your family should:

- Offer healthy snacks like fruits, vegetables and foods low in sugar and salt.
- Drink fewer sodas and more water, low-fat milk or low-calorie drinks.
- Limit television and video time to no more than 2 hours a day.
- Take family walks, bicycle, run or exercise with your child.

Healthy habits start early. Please be aware that diet and physical activity will affect your child's health and life.

Thank you,  
EXAMPLE SCHOOL NAME

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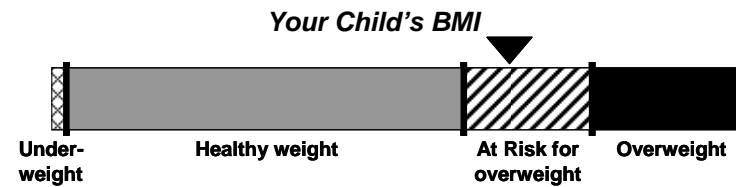
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**Why was a BMI measurement done by the school?**

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**Is your child's weight a health problem?**

Your child was weighed and measured on DATE. Example was X feet XX inches tall and weighed XX pounds, which gives him/her a BMI that suggests he/she may be **AT RISK FOR OVERWEIGHT**.



Arrow shows your child's BMI compared with other Arkansas school children.

**What should you do?**

Because Example has a BMI that suggests he/she may be **at risk for overweight**, you should talk to your child's doctor. Please show this letter to your doctor (Example's BMI was **XX** or **XX** percentile). Your doctor will recheck your child's BMI to make sure the measurements done at school are correct. Your doctor can also discuss healthy diet and activity choices for your child. For example, the American Academy of Pediatrics, a group of doctors who care for children, suggests that your family should:

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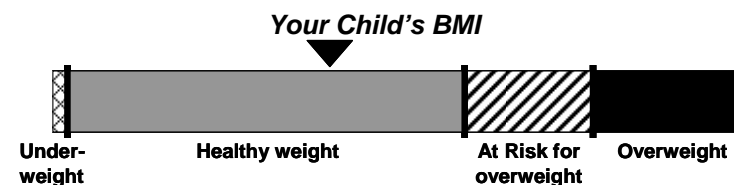
If a child is overweight, it is usually because the child has too much body fat. Children who have too much body fat have higher risks of health problems than those who have a healthy weight. Overweight or at risk children are more likely to become overweight or obese adults. Obesity may lead to diabetes, high blood pressure, heart disease, and many other problems. Children who are underweight may also have health problems.

**Why was a BMI measurement done by the school?**

State law requires your child's school to measure BMI every year and send a report to you. Arkansas schools also screen children to look for problems with hearing and eyesight. Measuring your child's BMI is another way to help improve his/her health. Actions taken now may lower the risk of developing serious illnesses as a child gets older. So, it is important to measure BMI every year to see if your child is growing and developing in a healthy way.

**Is your child's weight a health problem?**

Your child was weighed and measured on DATE. Example was X feet XX inches tall and weighed XX pounds, which gives him/her a BMI that suggests he/she has a **HEALTHY WEIGHT**.



Arrow shows your child's BMI compared with other Arkansas school children.

**What should you do?**

Because Example has a BMI that suggests he/she has a **healthy weight**, you should talk to your child's doctor about monitoring his/her weight to prevent future health problems. Please show this letter to your doctor (Example's BMI was **XX** or **XX** percentile). Your doctor will recheck your child's BMI to make sure the measurements done at school are correct. Your doctor can also discuss healthy diet and activity choices for your child. For example, the American Academy of Pediatrics, a group of doctors who care for children, suggests that your family should:

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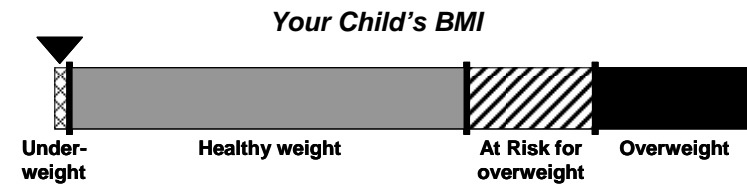
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**Why was a BMI measurement done by the school?**

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**Is your child's weight a health problem?**

Your child was weighed and measured on DATE. Example was X feet XX inches tall and weighed XX pounds, which gives him/her a BMI that suggests he/she may be **UNDERWEIGHT**.



Arrow shows your child's BMI compared with other Arkansas school children.

**What should you do?**

Because Example has a BMI that suggests he/she may be **underweight**, you should talk to your child's doctor. Please show this letter to your doctor (Example's BMI was **XX** or **XX** percentile). Your doctor will recheck your child's BMI to make sure the measurements done at school are correct. Your doctor can also discuss healthy diet and evaluate him/her for other possible health problems.

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**Is your child's weight a health problem?**

Unfortunately, your child was **NOT** weighed and measured. Usually, this happens because the child was absent from school or because of other reasons that prevent accurate measurements. We're sorry that this assessment could not be done for your child this year. Your child's school will be measuring height and weight each year for every student, so you may receive your child's results next school year.

**What should you do?**

If you want your child's BMI assessed before next school year, ask your doctor or nurse to measure your child at his or her next visit. Your doctor can also discuss healthy diet and activity choices for your child. For example, the American Academy of Pediatrics, a group of doctors who care for children, suggests that your family should:

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