

SAMPLE

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

June 15, 2004

Dear Mr. and Mrs. Robert Davis:

This is the Child Health Report for Robert Davis, Jr. and tells you if Robert may have health risks due to his weight.

Why is this important?

If a child is overweight, the risk of developing a serious illness is greater. Children who are overweight are more likely to become overweight adults and develop diabetes, high blood pressure and heart disease. Children who are underweight may have other health problems.

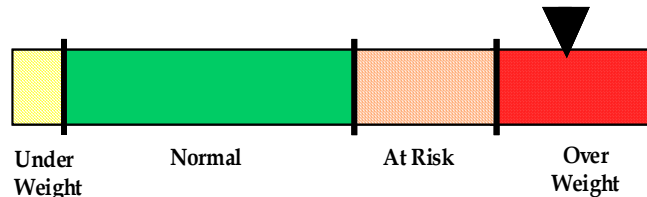
Is my child's weight a problem?

Your child was weighed and measured at Eastside Elementary on April 20, 2004. Robert was 3 feet 10 inches and weighed 62 pounds. Based on his height and weight, Robert had a Body Mass Index of 20.6. A Body Mass Index of 20.6 in a 6 yr. old boy suggests your child may be OVERWEIGHT. This may be a major health problem for Robert.

Your child's BMI is marked by the arrow below compared to other Arkansas children.

What is the Body Mass Index?

Body Mass Index, or BMI, tells if a person may be overweight or underweight. The Body Mass Index is a screening test. Doctors use screening tests to find problems early – to prevent more serious problems. It is important to look at Body Mass Index each year as your child grows. The BMI tells you if your child is growing and developing in a healthy way. A healthy Body Mass Index number is different from one age to another, so it requires a specific assessment for your child.



What should I do?

Since Robert has a Body Mass Index that suggests he is overweight, we recommend that you discuss any questions you may have with your child's doctor. If you do visit your doctor bring this letter with you for the doctor to review. Your doctor will see if your child is at risk because of his Body Mass Index and discuss healthy nutrition and physical activity options.

The American Academy of Pediatrics, a group of doctors who care for children suggest that all families:

- 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, video games, and computer time to no more than 2 hours a day.
- Take family walks, bicycle, run or exercise with your child.

Sincerely,

Joseph W. Thompson, MD, MPH
Director, Arkansas Center for Health Improvement

Please go to <http://www.achi.net> for more information
Attention Doctors: A free CME project is available