

Healthy Weight is the Way to Go!

Why do we do Body Mass Index Screenings?

- Annual Body Mass Index (BMI) screenings are recommended by the American Academy of Pediatrics for all children and adolescents
- The Institute of Medicine recommends that schools conduct annual assessments of students' weight, height, and BMI and make that information available to parents
- These organizations support BMI screenings because there has been a dramatic increase in the diagnosis of Type 2 diabetes, heart disease, and other chronic diseases in overweight children and adolescents.

Health Risks

- Overweight children are at increased risk for serious health problems including:
 - o High blood pressure
 - o High cholesterol
 - o Heart disease
 - o Joint problems
 - o Sleep problems
 - o Depression

Did You Know?

- Overweight children are likely to miss three to four times more school than their normal weight peers.
- The Centers for Disease Control and Prevention estimate one in three children born in 2000 ultimately will develop diabetes because of eating too much and not exercising enough.
- 65% of obese five to ten year olds have a minimum of one cardiovascular risk factor and 25% have two or more.

What Can You and Your Child Do?

- Eat five servings of fruits and vegetables daily
- Drink six or more glasses of water each day
- Be active for at least 30 minutes five days a week
- Keep a variety of fruits, vegetables, and low fat dairy products in your home
- Make cookies, chips, and sweets an occasional treat instead of an everyday snack
- Limit television and computer time
- Drink less soda! Try not to drink more than one can each day.
- Read your Healthnotes newsletter that will come home with your child or be on their school's website.