

# 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

## Health Risks

- Underweight children are at increased risk for malnutrition and associated health problems including:
  - o Compromised immune function
  - o Respiratory disease
  - o Stunted bone growth and osteoporosis
  - o Increased risk of falls and fractures
  - o Reproductive complications

## 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
- Eat a nutritious breakfast daily
- Keep a variety of fruits, vegetables, and low fat dairy products in your home
- Drink less soda! Try not to drink more than one can each day. Drinking soda may keep your children from drinking more nutritious beverages such as milk!
- Be a good role model and eat healthy meals as a family.
- Read your Healthnotes newsletter that will come home with your child or be on their school's website.