

Southeast Delco School District

Educational Service Center
1560 Delmar Drive, Folcroft, PA. 19032 (610) 522- 4300

Body Mass Index (BMI) Screening Referral

Name: _____ Date: _____

School: _____ Grade: _____

Dear Parent/Guardian:

Your child was measured for height and weight as part of the yearly school growth screening program. A Body Mass Index (BMI) was also calculated which is used as a guideline to help assess whether a person is overweight or underweight. His/her measurements were:

Height: _____ Weight: _____ Body Mass Index(BMI): _____

Being either overweight or underweight can put a person at risk for certain health problems. A student who is overweight has an increased risk of developing serious conditions, including diabetes, heart disease, high blood pressure, stroke and certain cancers. A student who is underweight has an increased risk for heart problems, loss of bone mass, and anemia. Underweight may also be a sign of an underlying eating disorders.

Many factors, including sports participation or family history, can influence height and weight in children and adolescents. BMI should be considered a screening tool.

Your child's health care provider is the best person to evaluate whether or not his/her measurements are within a healthy range. Keep in mind that this is only a health screening, **please share the results with your child's physician, who may suggest changes in eating or physical activity or may have other suggestions.**

If you have any questions please call the school nurse.

School Nurse

Physician's Recommendations: _____

Physician Signature: _____ Date: _____

Return report to the School Nurse